Tuesday, September 13, 2022 £1.10





Queen's children in solemn vigil as first members of public pay their respects

mother's coffin as members of

I was among thousands who had queued for 12 hours or more

for just a few moments of reflection in the presence of our late

the public file quietly past.

One visitor, Veronica Alsleben,

72, said being at the vigil was "the

most privileged and important moment of my life". A service of thanksgiving was held earlier.

N ELIZABETH II: 1926-2022

Family pay respects at service of thanks for her life

BY RUSSELL MYERS Royal Editor

KING Charles gazes solemnly at his mother's coffin yesterday during a service of thanksgiving for the Queen's incredible life.

The new monarch was joined by his wife Camilla, Princess Anne, her husband Admiral Sir Tim Laurence, Prince Andrew and the Earl and Countess of Wessex.

In his first major role as King, Charles and other members of the Royal Family escorted the late Queen's coffin through the streets of Edinburgh as thousands of people came out to pay their respects.

With a lone piper from Balmoral playing a lament, Her Majesty was carried from the Palace of Holyroodhouse where she had been lying at rest since a six-hour journey from her Scottish estate on Sunday.

Devastated royal staff were in tears as they said goodbye.

A weary looking Charles kept his emotions in check as he followed the hearse carrying his mum's oak coffin.

He and Camilla had earlier taken a walk around the flower garden of the sovereign's residence to view the many floral tributes.

The Queen's casket travelled along the Royal Mile to St Giles' Cathedral for the service of thanksgiving. Neither William, the Prince of Wales, nor Harry attended the procession.

But yesterday the Duke of Sussex paid an emotional tribute to his late



SHORT REST She arrives at St Giles

granny, praising her "sound advice" and "infectious smile" and calling her a "guiding compass"

Charles last night led a Vigil of the Princes at St Giles' with his siblings.

Prince Andrew has been banned from wearing his military uniform during the period of mourning, in a further mark of his fall from grace after his sex allegations payout.

But an exception was made as a 'special mark of respect" for the Queen as they stood guard around her coffin for ten minutes at the vigil.

Mourners had queued for more than 12 hours at the cathedral after Her Majesty was taken to lie at rest. Earlier, both Houses of Parliament gathered to express their condolences to His Majesty at Westminster Hall in London.

STANDARD

at cathedra

Responding to an expression of condolence from MPs and peers, Charles spoke movingly about the cascade of tributes to his mother.

He said: "As I stand before you today, I cannot help but feel the weight of history which surrounds us and which reminds us of the vital parliamentary traditions to which members of both Houses dedicate yourselves with such personal commitment, for the betterment of us all." The Queen will this evening

return to London via RAF Northolt. on board an C17 flight, accompanied by Princess Anne. Charles and Camilla this morning head to Belfast for more messages of condolence.

They will then return to Buckingham Palace to receive the state hearse as she is brought back home for the final time.

The Oueen is then to lie at rest in the throne room for 24 hours, giving royal staff a chance to say their final goodbyes.

Tomorrow, the Queen will be taken on a procession through the capital to lie in state at Westminster Hall till Monday's funeral.

Whitehall chiefs expect more than a million people will arrive to pay their respects at an historic five-night vigil.

Poet Laureate Simon Armitage yesterday released a poem to mark the death of the Oueen. He writes of "A promise made and kept for life, that was vour gift"

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ime for nation to reflect

THE nation will hold a minute's silence at 8pm on Sunday to mourn the Queen's death and reflect on her life and legacy.

People are invited to mark the occasion privately at home, on their doorstep or street, or at community events and vigils.

No10 said, while those living abroad are encouraged to take part at 8pm their time.

The Prime Minister's official spokesman said: "The shared national moment of reflection is an opportunity for everyone... to mark the death of Her Majesty.'

A HUNDRED food and drink brands must remove their Royal Warrants from products following the death of the Queen.

Items such as Heinz ketchup and Twinings tea, as well as stores including Fortnum & Mason and Waitrose must stop using the coat of arms and the words "by appointment to Her Majesty the Queen".

The Royal Warrant Holders Association said brands must now reapply to King Charles III and prove that his royal household regularly uses them.

SIBLINGS UNITED IN GRIEF





EN ELIZABETH II: 1926-2022



Mirror writer joins 12hr wait to file past coffin



he smell of incense mingles with the heavy scent of white lilies bursting from plinth vases. St Giles' Cathedral is silent but for the soft shuffle of slow footsteps, broken by sniffles and deep breaths from stifled emotions.

where the Crown of Scotland is placed, with their heads bowed and hands clasped. Some bless themselves with the sign of the cross.

Others give a small bow. Few feel ready to leave, rooted to the spot as chaotic, the Queen has reprethey stand so close to our late Queen, but they're gently waved ahead by

guards. I'm one of the first 30 members of the public to file past the Queen's coffin lying in rest in Edinburgh.

Standing barely feet away from our monarch's coffin, even before many of her close friends have the chance to pay their respects, is intensely moving.

I tightly squeeze a tissue in my pocket to try to keep my feelings in check, just like all those around me.

It feels strangely personal to They pause near the oak coffin, just be so close at such a poignant time for the nation, for despite the world's cameras outside, just for a moment it feels as if it is iust she and I.

When the nation has felt sented calm, continuity and commonsense. Her life was one

of duty and now it's our duty to say thank you one last time

Hearing of the death last week, did not feel real. It is a shock to think she is gone but this really brings it home. At the same time I know she will be

with us always. I have reported on her

visits to forgotten towns, seen the faces of the most cynical people light up just setting eyes on her. I've been to the Braemar Gathering near Balmoral numerous times, and felt the buzz of excitement ripple through the crowd when she took to her seat to

watch the Highland dancers and children's sack race.

After 24 hours our Queen will head south to London. But for now, for Scots like me, she still belongs to us.

It was so simple, beautiful, gracious and so majestic.

As she was in life, so she was in her rest.

But now our Queen's historic reign is over. The thought makes my chin go, eves well and renders me unable to speak for a few minutes after I leave the cathedral into the September sunshine.

İ left home 30 miles away at 5.30am to make sure I was granted one of the 64,000 wristbands given to the first who queued.

But I'd left it late compared to Veronica Alsleben, 72, who arrived in Edinburgh from her home in Alnmouth at midnight and slept on a bench in the city's Meadows until the queue opened.

In the 12 hours since we became queue friends, Veronica has kept everyone chipper. But now, next to the coffin, she quietly dissolves into tears.

Outside, after a few minutes while we both try to compose ourselves, Veronica squeezes my arm and says: "Paying my respects to the Queen just

SCOTS SAY GOOI UNITED FOR MUM Charles, Anne, Andrew, below, and Edward in St Giles last night

now was the most privileged and important moment of my life.

Jude Ghoslet, a shop assistant, flew from London to Edinburgh to say goodbye to the Queen. But she missed her flight and ended up paying £1,000 to be here from 5.30am.

Jude said: "I felt humbled, sad and so proud of our great Queen as I stood there in front of her coffin. She was an inspiration.

"I was at choir practice on Thursday when we heard the news and all our voices cracked. I had a little cry."

The caterpillar of people wishing to pay their respects continued as the Queen's four children later took part

in the Vigil of the Princes.

King Charles, Princess Anne – the first female royal to take part in a vigil since the tradition began with George

V in 1936 - Princes Andrew and Edward each took a station on the four sides of the coffin and remembered their mother in silence for 10 minutes from 7.46pm to 7.56pm.

Earlier, PM Liz Truss and First Minister Nicola Sturgeon had joined the King at a service of **TEARS** Mourner yesterday thistles and dried white heather from the thanksgiving in St Giles', one of Scotland's most ancient churches.

Sunlight streamed through the stained-glass windows of the cathedral as eight kilted soldiers from the Royal Regiment of Scotland carried her coffin with consummate care on to a decorated wooden frame.

The King, the Queen Consort and

other members of the Royal Family then walked to their seats, less than 10ft from the coffin.

It was dressed in the Royal Standard of Scotland and topped with a wreath of roses, freesias, chrysanthemums,

Balmoral estate.

Opening the service, the Rev Calum MacLeod reminded the congregation, from different sections of society including her staff, the emergency services, armed forces and politics, of the great history of the cathedral, first built 900 years ago. He said: "We gather to bid Scotland's farewell to our late monarch, whose life of service to the nation and the world we celebrate. And whose love for Scotland was legendary."

The Rt Rev Dr Iain Greenshields added: "Much has been said about the Queen's contribution to the life of the United Kingdom and the Commonwealth, which meant so much to her.

"But here in Scotland we acknowledge with gratitude her deep links with our land and its people."

As the service drew to a close, four suited members of the Royal Company of Archers, the monarch's bodyguards in Scotland, dressed in long-feathered hats and armed with arrows and quivers, stood guard beside the Queen.

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Sturgeon pays tribute as King sits with MSPs

BY **BEN GLAZE** Deputy Political Editor

KING Charles and the Queen Consort Camilla joined MSPs in observing two minutes' silence at a special sitting of the Scottish Parliament last night.

The royals went to Holyrood to hear a motion of condolence honouring the late Queen.

First Minister Nicola Sturgeon said she "has been the anchor of our nation", adding: "Most of us simply don't remember life without the Queen.'

Ms Sturgeon went on to recall time spent with the late monarch, including a dinner at Balmoral when she gave a "stern tickingoff" to one of her corgis. Sandy. for biting through a lamp switch.

Pro-separation Green Party co-leader Patrick Harvie offered his condolences to the King and said he hoped his reign would herald "transformational" change.

Her loss may shape future



WHEN King Charles visited Scotland yesterday he was welcomed by a First Minister who would like to break up the UK.

The fact that Nicola Sturgeon's Scottish National Party has yet to achieve this goal was in no small part down to the Queen.

Her Majesty's affection for Scotland was mirrored by the Scots' affection for her.

It is impossible to gauge how much this influenced the outcome of the 2014 independence vote.

But when she urged the Scots to think carefully before voting, that was regarded as pivotal.

Ms Sturgeon is planning another referendum. She may have to win over voters who wish to uphold Her Majesty's memory.

But she might also calculate that, in time, Charles could struggle to match the Queen's ability to hold the union together.

QUEEN ELIZABETH II: 1926-2022

Stripped of his uniform, not even allowed to salute. it's Andrew's final humiliation



BY **JEREMY ARMSTRONG**

PRINCE Andrew was banned from wearing his military uniform and even saluting as he watched the late Queen's coffin go through Edinburgh vesterday.

The Duke of York was seen with arms by his sides as officers flanking him saluted on Edinburgh's Royal Mile.

He gave up his HRH status and was stripped of all honorary military roles, including Colonel of the Grenadier Guards, over his friendship with the late financier Jeffrey Epstein. It came after one of the paedophile's victims, Virginia Roberts, alleged Andrew sexually abused her when she was a minor under US law.

The Duke, who wore a morning suit yesterday, has strenuously denied all the allegations.

Earlier this year he paid a £12million out-of-court settlement to end a civil case in the US.

But veteran Andrew did wear his medals yesterday, including the South Atlantic Medal for service in the Falklands War.

And it is understood the ban on him wearing uniform will be lifted for the final vigil in Westminster Hall.

Andrew will wear a uniform as a "special mark of respect" for the Queen when he stands guard around her coffin during the Vigil of the Princes, which will be attended by all the late monarch's children.

The Prince retained his rank as a Vice Admiral, and is expected to wear the corresponding uniform.

His nephew Prince Harry will also not be allowed to wear military uniform for any upcoming occasions. Harry, who saw action on the front line during two tours of

duty in Afghanistan, will be in civilian dress for official events including the funeral.

As with his uncle Andrew, the Duke of Sussex is no longer a working royal.

The King, Prince of Wales, Princess Royal and Earl of Wessex will parade in military uniform at Monday's funeral.

Prince Andrew's discomfort deepened yesterday when he was heckled.

A young man was filmed shouting "Andrew, you're a sick old man" as the Duke, 62, marched behind his mother's funeral cortege. A short scuffle ensued, before an officer led a man away.

The arrested man shouted "disgusting" and "I've done nothing wrong".

Police Scotland later confirmed a 22-year-old had been arrested in connection with a breach of the peace.

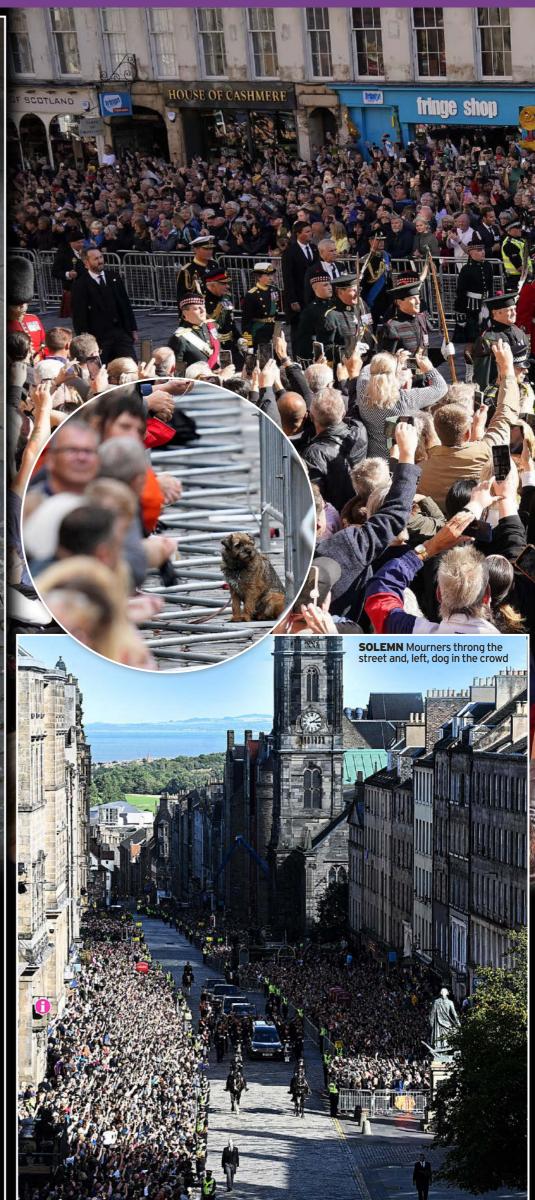
Since the proclamation of King Charles III. at least three arrests have been made, in Scotland and Oxford, on suspicion of breaches of the peace and public order offences.

Another protester was moved on by police in Westminster, central London. Ruth Smeeth, the chief executive of Index on Censorship, said the arrests were "deeply concerning".

She added: "The fundamental right to freedom of expression, including the right to protest, is something to be protected regardless of circumstance.

"People across the country and beyond continue to mourn the loss of the Queen, a loss felt keenly by so many.

"However, we must quard against this event being used, by accident or design, to erode in any way the freedom of expression that citizens of this country enjoy.



ROYAL MILE CORTEGE



BY **JEREMY ARMSTRONG** at St Giles' Cathedral, Edinburgh

THOUSANDS crowded Edinburgh's Royal Mile yesterday as the people of Scotland said a loving farewell to their dearly missed Monarch of the Glens.

Applause broke out and well-wishers shouted "God bless the Queen" as Her Late Majesty's coffin passed, draped with the Royal Standard of Scotland and topped with a wreath of flowers, The King walked behind, followed by the

The King walked behind, followed by the Princess Royal, the Earl of Wessex and the Duke of York, as the coffin was carried from Holyroodhouse Palace to St Giles' Cathedral.

The crowd fell into a respectful silence when the procession came to a stop outside the cathedral, broken only by the final gun salute and the fluttering of the Saltire flags.

Crowds were 12 deep outside St Giles', where in 1953 the Queen had been presented with the crown, sword and sceptre making up the crown jewels known as the Honours of Scotland.

She lay in rest there last night, the Crown of

Scotland's tribute to monarch

Scotland on her coffin, with long queues of mourners waiting to pay their respects.

Among those thronging the 1,200-yard route

to the cathedral were motor engineer Ian Cameron, 66, and his retired primary school teacher wife Margaret, 67, from Castle Douglas in Dumfries and Galloway.

Ian said: "On occasion in Balmoral, she'd be out walking her dogs and she would speak to people the way that I'm speaking to you

now. There were no airs and graces. She felt at home here. And the people loved her."

David Major, 64, in a wheelchair due to arthritis, rose at dawn to travel here from

The Queen

feels like

family for

so many

people

Carluke, Lanarkshire, with wife Krystle, 39. He said: "The Queen will always have a place in my heart with my mother, who is no longer with us. She feels like family for so many people."

Ex-Scots Guard Kenneth Lawson, 71, of Fife, served for 22 years and met the Oueen with his late wife Philomena in Pirbright, Surrey, in 1993. He still has a cherished photo of that meeting.

He said: "My wife was a bit nervous but the Queen put her at her ease straight away. My wife was 4ft 10in and the Queen was about 4ft 11in, so she said, 'Oh, there is someone smaller than me,' and that made my wife laugh and relax.

"The Queen loved Scotland and Scotland loved the Queen. You can see that here today."

Also in the crowd were tourists from as far away as Mexico and California.

Harold Jonker, 49, from Ontario, Canada, who was with wife Janice, 45, said: "She's our Queen too so we had to come."

Mario and Melissa Tello, both 31, were visiting from Mexico. Mr Tello said: "The Queen was a very nice person." Robin Beck, 64, from Sacramento, California, said: "The atmosphere feels very positive, it is a real celebration of her life.

"My friends and family think I am very lucky to be here on such a momentous day."

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ELIZABETH II: 1926-2022









Me smie ROWING Vou and grandpa are now remited

BY **RUSSELL MYERS** Royal Editor

PRINCE Harry paid an emotional tribute to the Queen, calling her a "guiding compass" and saying she is "together in peace" with husband Prince Philip.

The Duke of Sussex, who delayed making a statement on Her Majesty's passing out of respect for the anniversary of the September 11 terror attacks, also said he wanted to honour his estranged father at the start of his reign as King.

In his message, Harry with referred to his "darling wife" Queen and Wills

and Lilibet, one - and said he "cherished" time spent with her.

Harry said: "In celebrating the life of my grandmother, Her Majesty The Queen - and in mourning her loss we are all reminded of the guiding compass she was to so many in her

commitment to service and duty. She was globally admired and respected.

"Her unwavering grace and dignity remained true throughout her life and now her everlasting legacy." Harry's statement came two days after the Prince and Princess of Wales put on a united front with the Duke

Meghan and said he was grateful that and Duchess of Sussex as they joined the Queen had hugged her "beloved forces on a walkabout at Windsor great-grandchildren" - Archie, three, Castle on Saturday, although royal sources described the meeting as a temporary truce".

But in previous days Harry has appeared completely estranged from his family, choosing to leave Balmoral just 12 hours after arriving, following a desperate attempt to be by the Queen's bedside in her final hours.

An unknown delay resulted in him

including his brother William.

The crestfallen Duke then arrived more than four hours after Her Majesty passed away peacefully at her Scottish estate.

Referencing the Queen's own words after the death last year of the Duke of Edinburgh, her husband of 73 years,

travelling separately from other royals, Harry yesterday said: "Let us echo the words she spoke after the passing of her husband, Prince Philip, words which can bring comfort to all of us now: 'Life, of course, consists of final partings as well as first meetings'."

He added: "Granny, while this final parting brings us great sadness, I am forever grateful for all of our first

Time ripe for healing after fall of a Prince

PAIN etched across his face, crestfallen Harry knew he was too late to say his last goodbyes.

After years of damaging disputes with his family, his grandmother remained his biggest ally.

Following the tragic death of his mother, she was his most steadfast and guiding force, refusing to bow to a nation's grief and return to London until

RUSSELL MYERS

she felt they were ready. Harry knew he could always rely on her support despite deciding to leave his royal role behind and set up a new life in America with his wife and children.

Even though he neglected to tell Her Majesty of his plan to announce his



meetings - from my earliest childhood memories with you, to meeting you for the first time as my Commander-in-Chief, to the first moment you met my darling wife and hugged your beloved great-grandchildren.

"I cherish these times shared with you, and the many other special moments in between. You are already

> and person he shared the deepest letting him back into the fold.

the world over.

role as King Charles III.

Queen's funeral is a mere sticking plaster to wounds that run deep.

sorely missed, not just by us, but by

"And as it comes to first meetings,

"Thank you for your commitment

we now honour my father in his new

to service. Thank you for your sound

advice. Thank you for your infectious

In some way, perhaps her passing may lead Harry to choose a different path and seek resolution and unity with his family in her name.

and grandpa are reunited now, and both together in peace."

Harry and Meghan, who now live in California after quitting their royal roles, decided over the weekend to stay in the UK until after Her Majesty's funeral, royal sources said.

The couple were last night exploring options to potentially have Meghan's mother, Doria Ragland, bring their two children over to Windsor after spending more than a veek away from them.

Meanwhile, the Duchess of Sussex has paused the release of her Spotify podcast, Archetypes, for the duration of the mourning period. With the Queen in 1989

the mourning period.
Three full episodes of the audio series have been released since its launch on August 23, featuring conversations with veteran tennis player Serena Williams, pop star Mariah Carey and actress and producer Mindy Kaling.

Meghan and Harry signed a deal with the audio streaming giant to host and produce podcasts, estimated

to be worth around £18million, in late 2020.

A message on Spotify said: "New episodes of Archetypes will be paused during the official mourning period for Her

Majesty The Queen."
A period of "Royal Mourning" will continue until seven days after the Queen's funeral on Monday.

It will be observed by members of the Royal Family and Royal Household staff and its representatives on official duties, together with troops committed to ceremonial duties.

'National Mourning" continues until the end of the day of the funeral.

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decision, before dropping a bombshell statement on social media, angering his family and the institution, the Queen's deep affection for him outweighed his descent.

Since he learned of the Queen's passing, perhaps he has experienced more than a moment of regret as to where he finds himself now. Even William, so long his closest confidant



(15) 5

Mostly sunny but rain and showers in the south

Today will be generally fine as most places will be dry with lots of autumnal sunshine however cloud will build into southern counties of England bringing outbreaks of rain which may be heavy with a threat of thunderstorms.

BIGGER PICTURE

Today's historical average high: 17.2 September 2022 average high so far: 21.5 September historical average high: 17.6 All averages based on CET Mean Max Temp. Historical info from 1961-1990 (Source: Met Office)

CLIMATE FACT: In some parts of the south-west of the US, average annual temperatures have already risen by more than 1.5C, a threshold widely considered the tipping point at which devastating consequences for people and the environment take hold.

MONEY TIP OF THE DAY Cost of Living:



SIX million disabled people will receive a £150 cost of living payment from September 20. People who will get this are those that receive benefits such as Personal Independence

Payment and Attendance Allowance. Check out Mirror.co.uk/Money to see the full list of qualifying benefits.

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ACROSS

- 6 Jamie __, England footballer (5)
- 7 Operations (abbr.) (3) 8 American city (9)
- 13 Astounded (9)
- 18 Master of Business Administration (1,1,1)
- 19 Achieve a lot (2,3)
- DOWN 1 English river (4) 2 Minerals (4)
- 3 Ukrainian capital (4)
- 4 Oils (anag.) (4)
- 5 Island (4) 9 Towards the stern (3) 10 Witch (3)
- 11 Anger (3) 12 Sheltered side (3)
- 13 Identical (4)
- 14 _ Carr, comedian (4) 15 Jokes (4)
- 16 Floating platform (4) 17 Grime (4)

MONDAY'S SOLUTIONS

Across: 1 Forensic, 6 Nub, 7 Valet, 9 Buys, 11 Sail, 12 Agog, 14 Nope, 16 U-boat, 18 TBA, 19 Cassette. Down: 1 Finish up, 2 Rabbi, 3 Navy, 4 III, 5 Stagnate, 8 ASAP, 10 Ulna, 13 Get at, 15 Otis, 17 Ola.

LAST NIGHT'S SET FOR LIFE: 10,13,14,21,46 Life Ball: 7. No winner of £10k a month for 30yrs. **SATURDAY'S LOTTO: 2.6.7.29.31.42**

Bonus: 9. One winner of £7.1m jackpot. **THUNDERBALL:** 14, 16, 22, 28, 36

T'ball: 9. No winner of £500k top prize. HEALTH LOTTERY: 13, 15, 19, 27, 41 Bonus: 21. FRIDAY'S EUROMILLIONS: 17, 23, 24, 26, 27 Lucky Stars: 4 & 9. No winner of £112m jackpot.

EEN ELIZABETH II: 1926-



FROM **BEN GLAZE** Deputy Political

KING Charles III admitted feeling "the weight of history" during his first speech to MPs and peers at 900-year old Westminster

Hall yesterday. Addressing both Houses of Parliament, he pointed to memorials of the late Queen in the ancient setting. The oldest

GUESTS Keir Starmer and Tory PM Liz Truss

part of the Palace of Westminster, it hosted King Charles I's trial and speeches by Nelson Mandela and Presidents Obama and De Gaulle.

The Queen's father George VI was the first royal to address both Houses at the hall in 1945 while she last

spoke at the venue 10 years ago.

Charles speech was attended by 1,200 guests including PM Liz Truss and Labour's Keir Starmer.

The King listened as the Speakers of

Monarch 'feels weight of

both houses offered their sympathies on the Queen's death and their best wishes to her successor.

Standing at the gilded lectern, he said: "I am deeply grateful for the addresses of condolence by the House of Lords and the House of Commons, which so touchingly encompass what our late Sovereign, my beloved mother, the Queen, meant to us all.

"As Shakespeare says of the earlier Oueen Elizabeth, she was 'a pattern to all princes living'.

"As I stand before you today, I

cannot help but feel the weight of history which surrounds us and which reminds us of the vital Parliamentary traditions to which Members of both Houses dedicate yourselves, with such personal commitment for the betterment of us all."

Tomorrow, the Queen's coffin will be carried into Westminster Hall where she made Silver, Golden and Diamond Jubilee addresses to both Houses.

Yesterday her successor stood on the steps overlooking the vast



history' in 1st address to MPs & peers

stone floor where his mother's body will rest for four days of Lying in State.

Hundreds of MPs and peers filed into the building from 9am as the Band of the Household Cavalry played introductory music including Sir Edward Elgar's Ave Verum Corpus.

Fourteen members of the King's Body Guard of the Yeoman of the Guard – Britain's oldest military corps, formed in 1485 by Henry VII - processed through the North Door in pairs, eventually flanking steps leading towards Central Lobby.

They were followed by nine

members of the Honourable Corps of the Gentlemen at Arms - created by King Henry VIII in 1509 - with their brass helmets and white swan feather plumes, marching in single file. They then stood behind the King and Queen Consort's red velvet thrones.

At 10.20am, four State Trumpeters from the Household Cavalry heralded the monarch's arrival.

After taking their seats, the royals sat for tributes from Lords Speaker Lord McFall and his Commons counterpart Sir Lindsay Hoyle.

Lord McFall said: "We are proud

and indeed humbled to welcome you as our King - and we look forward to welcoming you on many more occasions to Parliament and to this hall in the years ahead."

Sir Lindsay ushered in a murmur of gentle laughter and sparked a rueful smile from Camilla as he told guests of the Queen's visits to Parliament.

He said: "Our late Queen was here to mark the historic moments, such as the 50th anniversary of the Second World War, a war in which she herself served in the armed forces.

"And in 1988 we celebrated the

300th anniversary of the revolutions of 1688 to 1689. "It is perhaps very British to

celebrate revolutions by presenting an address to Her Majesty but those revolutions led to our constitutional freedoms, set out the foundation for a stable monarchy, which protects liberty."

The 19-minute ceremony closed with the playing of the National Anthem, the rousing

PAGE-TURNER Guide for Westminster ceremony

words God Save the King rising into the ancient roof. Processing out, the monarch exchanged greetings with some of the audience seated on aisleend of rows, who bowed and curtsied.

Exiting the Palace of Westminster, he climbed into a state limousine for the journey to RAF Northolt in West London.

> boarded a plane to Edinburgh to attend on his mother's coffin at the Palace of Holvroodhouse.

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EEN ELIZABETH II: 1926-2022

ACTOTAL PARTIES

BY **EMILY RETTER** Senior Feature Writer

or six hours, all she could do was gaze through the glass at the Scottish landscape her mother had loved so dearly.

With nowhere to turn inside the Bentley except to the cinema reel of her own thoughts, the Princess Royal followed the late Queen's coffin as it made its slow progress from Balmoral to Edinburgh on Sunday.

With all eyes trained on the hearse, and the overwhelming number of wellwishers lining the route, it was easy not to notice the small figure who travelled in the car behind.

Yet the Queen's only daughter Princess Anne, with her husband Sir Timothy Laurence, was absolutely there, dutifully and resolutely, as she was by her mother's bed on Thursday, the first to sound the family alarm.

And again yesterday she was there, marching with her siblings behind the hearse and standing vigil by her coffin in St Giles' cathedral. Today she will accompany her mother on the flight from Edinburgh to RAF Northolt.

Those six hours on Sunday would have surely been some of the longest, most painful of her life.

You imagine her silently replaying every trip she had ever made through these treasured hills, glens, farms and fields with her mother by her side.

Yet when we caught a glimpse of her pale face and her familiar chignon, the stiff "cottage loaf" hairstyle that rarely alters, it remained composed. Taut with grief and emotion, but set.

n her younger years, Anne had a rebellious phase. She demonstrated a temper, once telling photographers to "naff off".

She was subsequently dubbed "Her Royal Rudeness".

Reportedly, there were flings, even a tabloid kiss-and-tell from her once

police bodyguard. Netflix's drama The Crown made infamous the supposed relationship she had with the Camilla, Queen Consort's first husband, Andrew Parker-Bowles.

Princess Anne has been married twice herself, divorcing from her first husband Mark Phillips in 1992, and remarrying just eight months later.

amid her grief is typical of Anne, who admitted once she was not "everyone's idea of a fairytale princess".

The 72-year-old has earned a repu-

She is like her mother in that she dedicated herself to her role

When she arrived at the Palace of Holyroodhouse after her But the stoicism she is showing now arduous journey on Sunday, she was still able to find the strength to give one final curtsey.

working royal, carrying

out more than 20,000

engagements, characteris-

tically without the

slightest fanfare or fuss.

The only clue to her pain was Sophie Wessex's knowing arm of

tation as the hardest comfort on her back. It speaks volumes that it is believed the Queen herself selected Anne to be her companion for this final journey.

It was her daughter's commitment and poise that had turned her into her mother's right hand woman in later life and enriched an ever closer bond in which they spoke nearly every day.

Royal biographer Penny Junor said: She has never been the show pony, she is not there to promote herself.

"What she demonstrates is the

monarchy is not about glamour or being a glitzy celebrity. She is like her mother in that she has dedicated herself to her role.

While her brothers have tended to steal the limelight, Anne has diligently forged her own role.

Like King Charles, she is known to skip lunch, surviving often on little more than a kiwi fruit.

Apparently it was not at her bidding that Sunday's cortege stopped for a her efforts have gone largely unnoticed. When she was younger, she was famously her father Prince Philip's favourité child.

SOLEMN

As a headstrong girl with his inability to suffer fools and a sporting prowess, she was the first royal to compete in the Olympics.

She and Prince Philip were two peas

But in more recent years, it became clear the Queen came to depend upon brief break after three hours. Yet often her. During the pandemic, it was to





The former rebel who became her mother's closest source of support

A DAUGHTER'S LOVE

end. & bevond



Anne she turned for help with her first Zoom meeting. Their chumminess was obvious when they joked there should be six faces on the screen, but Her Majesty could only see four.

"Ah well," chuckled the Princess

Royal, "you don't need me, you know what I look like.

They shared a love of animals, particularly horses - both riding them and watching them race.

In a previously unseen interview with ITV, broadcast on Sunday, Anne

explained that when you live a "rather restricted life", horses become more important because they "give you an opportunity to take you right out of that zone".

Her mother is said to have admired her choice not to grant her children, Peter Phillips and Zara Tindall,

royal titles.

"

She does not want

herself, or

relentlessly carried out the glory for her duties was closer to Elizabeth II's own model. Princess Anne explained: "It was about to be on the listening and it was front pages about learning." PENNY JUNOR ON ANNE'S AVOIDANCE OF LIMELIGHT

During the Diana years, when her sisterin-law attracted the

lenses, Anne, a self-proclaimed "fuddy duddy" who has recycled her clothes The modest way in which she for decades, shunned them. Ms Junor

recalled once accompanying her on a tour to Uzbekistan in July 1993.

It clashed with Diana's trip to Africa. And while Diana hugged children, Anne stood back from those she met.

Ms Junor said: "Her explanation would be, 'What child wants a complete stranger to hug them?'

"And, 'I'm much more useful finding out from the doctor what problems she faces before I go and meet the President and voice those concerns.

"She does not want the glory for

herself, or be on the front pages." It is fitting then – and the late Queen would have known it – that Anne remained her closest companion until the end, leaving King Charles III to garner the headlines.

COMFORT Sophie

She knew her daughter could take her weight.

She knew it would be her daughter who could best withstand this final journey by her side.

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QUEEN ELIZABETH II: 1926-2022

n days gone by Martin McGuinness, a former IRA commander, would have been regarded as a security threat if he was anywhere near royalty.

But in June 2012 he extended the hand of friendship to the Queen, formally ending centuries of hatred.

That historic moment involving Stormont's late Deputy First Minister set the seal on a new relationship, a process that King Charles confirms today with his first official visit to Belfast.

Sinn Fein politicians, who once spoke of winning with a ballot box in one hand and an Armalite rifle in the other, will meet with him before a service at St Anne's Cathedral.

Ten years have elapsed since the unthinkable was acted out in a side room of Belfast's Lyric Theatre.

Holding the sovereign's hand for a few seconds, McGuinness spoke to her in Gaelic, explaining his words meant "Goodbye and Godspeed".

The Queen had already paved the way for this epoch-making event with a state visit to Dublin in 2011, when McGuinness denounced her trip as "premature" and refused invitations to attend ceremonies.

But the visit was popular, and with 77% of Irish people approving, Sinn Fein changed its tune.

Gerry Adams, alleged former IRA leader and ex-Sinn Fein president, said the Queen's visit to the Republic provided "a unique opportunity for a real and meaningful, new and better relationship between the people of Ireland and Britain".

With devolved government at Stormont still suspended amid the Democratic Unionists' opposition to the post-Brexit Northern Ireland Protocol, the Queen's 2012 initiative desperately needs reinvigoration.

The Truss government hopes the King's visit will give fresh impetus to political reconciliation in the region – or new elections would have to be held after the end of October.

Accompanied by the Queen Consort, King Charles will fly to Belfast City Airport, where he will be met by the Lord Lieutenant of the city, Fionnuala Mary Jay-O'Boyle, and



the new Northern Ireland Secretary Chris Heaton-Harris. The royal couple will have private talks with Mr Heaton-Harris at Hillsborough Castle, Co Down, where they will also meet leaders of political parties.

After the service of reflection for the life of the Queen at Belfast's St Anne's Cathedral, they will visit Writers' Square across the street.

Strange as it may seem, our new king follows an old tradition today.

He is walking in the footsteps of his great-grandfather George V, who visited Ireland during his own accession tour in 1911.

That was the last time a reigning King of England set foot in the country, when it was still part of the British Empire.

There followed a century of violence against the Crown and its armed forces, including the IRA assassination of Lord Mountbatten, great-uncle of the new king, on his yacht off the Sligo coast in 1979.

The horror of this terrorist

The horror of this terrorist attack, which also claimed the lives of members of his family and a local boy aged 15, shocked both nations.

But the then-Prince of Wales was the first to break the royal boycott of Ireland, attending a dinner with then-Taoiseach John Bruton in 1995 in Dublin Castle, once the home of the British Army and where IRA leaders had been hanged.

t was here that the Queen years later stunned her hosts by opening her after-dinner speech with "A Uachtarain agus a chairde", which translates as "president and friends."

The assembled diners clapped and then-Irish president Mary McAleese appeared shocked, mouthing "Wow" several times.

As a gesture of goodwill it was both warm and diplomatic.

It is unlikely King Charles will get out the Gaelic dictionary in Belfast but stranger things have happened.

Today's regal visit will give commentators and historians yet more to mull over, even if the "Wow" factor is too much to ask for.

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Dear guen elizabeth the 2nd I hould like to carapaths
you on you 70 Jubble and
I really the Vice you Birth: Your an Louly
2016 gyern Love from Millie Francis Newcastle

BY JEREMY ARMSTRONG, AMY-CLARE MARTIN, ANDY LINES, Chief Reporter, and MATTHEW YOUNG

A 10-YEAR-OLD girl received one of the last letters sent by the Queen before her death.

Millie Francis penned a message in June to congratulate Her Majesty on her Platinum Jubilee.

The youngster was stunned when she received a letter back from Buckingham Palace on Monday last week.

It contained a card with the Queen's picture and the words: "I send you my grateful thanks for your kind message on the occasion of the Seventieth Anniversary of my Accession to the Throne.

"Elizabeth R 2022."

Three days later, Millie was devas-**CONGRATULATIONS** Millie's note tated to learn that the Queen had

passed away at Balmoral Castle in Scotland. She is now keeping the card, dated September 2, safe in a folder.

Millie, of North Shields, Tyneside, said: "It feels really precious to me and it feels like the best thing that can ever happen to a kid. I'm going to take it to school on Monday but I'm not letting everyone

touch it." Mum Mary Francis, 30, said Millie wrote the letter with the help of her uncle, Mary's twin brother Alex Francis, but did not expect a response.

She was stunned when the letter from Buckingham Palace arrived.

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arak's royal reply



SCHOOLBOY Barak Davidson got a letter from the Queen the day after her death.

The 13-year-old wrote to Her Majesty earlier this year to tell her about a campaign he had started to educate others about animals.

Describing it as like a "gift

from heaven", Barak, from Hampstead, North London, told GB News: "I'll cherish it."

Written by her Private Secretary on September 2, it said: "The Queen was encouraged to know of your interest in protecting our planet and its wildlife.'



CAMPING OUT The Mall

Thousands

TENS of thousands of people continue to stream to Buckingham Palace to pay their respects.

Some have begun pitching tents on The Mall, where preparations are underway for the funeral.

Thousands of bouquets of flowers have been left in nearby Green Park and St James's Park.

Maria Scott, 51, travelled from Newcastle and plans to camp out until Monday.

She said: "It's going to be an emotional week."

Sarah and Charlie Griffiths, from Beckenham, Kent, brought their kids, aged two weeks and 18 months. Sarah said: "We want the girls to know that they were part of history."



tributes swel

FLORAL tributes continued to grow at Sandringham and Windsor yesterday as thousands more paid their respects to the late Queen.

Daisy McArdle, 28, of Thetford, Norfolk, decided to lay sunflowers after telling her son Teddy, three, Her Maiesty had died.

The mother of two said: "He understands the Queen has gone to heaven. and we have a King now. He told me, 'I think the flowers will make her happy'."

And Suzie Williamson, four, travelled from Bristol to Windsor with grandma Mary to pay her respects.

She said: "She did so much for everyone. I wanted to say thanks. She loved horses just like I do."

VOICE OF THE

Mirror

Funeral is UK's pride

We should be proud of how well Britain is organising a fitting, sensitive and affectionate farewell to the nation's longest-reigning monarch.

Occasions full of gravitas and grandeur such as this – mourning a monarch while sensitively presenting her successor to the country – are what the British state does best.

The huge numbers of people expected to file past the late Queen's coffin means there are considerable security dangers.

But every detail has been meticulously planned to minimise them.

The heartfelt response on display from all those who admired and loved the incredible Queen Elizabeth II will be an everlasting tribute to her character.

Heckling of Prince Andrew in Scotland after he paid a reputed £12million to keep a sex case out of court does not reflect how warmly most Britons feel towards the rest of her family.

King Charles is acutely aware of the issues surrounding his brother and does not need to be reminded of them at this time.

Let us mourn Elizabeth II with the full respect and dignity she deserves.

Ruin for Putin

UKRAINE'S lightning counterattack in Kharkiv, liberating territory and repelling Putin's invaders, could be a turning point.

We hope that by supplying advanced weaponry the US, EU countries and Britain are helping tilt the balance in this conflict.

Their aid and the Ukrainians' grit have exposed the Russian military's bad leadership, shoddy equipment and low morale.

Russia's generals, oligarchs and populace should wake up now and recognise that they have no peaceful, prosperous, promising future with Putin still inhabiting the Kremlin.

We'll Miss you

WE also bid farewell to actress Gwyneth Powell, known to millions as Grange Hill headmistress Mrs McCluskey.

She will be remembered for her skill at making a fictional school feel so very real.



QUEEN ELIZABETH II: 1926-

TODAY

RAF NORTHOLT

6.55PM

Mourners arriving in London already ahead of Queen's last journey home







6.00PM





RAF NORTHOLT TO BUCKINGHAM PALACE TONICHT

BY **DAN WARBURTON, RUSSELL MYERS** Royal Editor, **BEN GLAZE**Deputy Political Editor, **DAN BLOOM**,
Online Political Editor

CROWDS of thousands will turn out today as Queen Elizabeth II's coffin continues on its final journey to London.

Her oak casket will land at RAF Northolt at 6.55pm after flying 400 miles from Edinburgh Airport.

And fans will line the streets for the 15-mile journey to Buckingham Palace, where Her Majesty will rest this evening as staff pay their respects.

At 2.22pm tomorrow, the coffin will be taken on a gun carriage of The King's Troop Royal Horse Artillery to the Palace of Westminster. Accompanied by the sound of minute guns fired from Hyde Park by The King's Troop Royal Horse Artillery, the cortege will make a trip past London landmarks.

It will travel via Queen's Gardens, The Mall, Horse Guards and Horse Guards Arch, Whitehall, Parliament Street, Parliament Square and New Palace Yard

Square and New Palace Yard.
The Queen will lie in state until 6.30am on the day of her state funeral on Monday.

state funeral on Monday.

Over a little less than five days, a million people are expected to visit Westminster Hall to pay their respects.

Queues could reach as long as five miles, while mourners are being warned to expect a wait of up to 30 hours.

Culture Secretary Michelle

Donelan used a WhatsApp message to MPs to reveal the latest estimates.

Formal details of the queue – which will be open for 24 hours a day – will only be made public at 10pm tonight. But some patriotic mourners

I really want to be part of it. I don't want

MOURNER VANESSA NATHAKUMARAN dashed to London yesterday – more two days before lines officially open at 5pm tomorrow.

Vanessa Nathakumaran, 56, from Harrow, North West London, arrived at noon yesterday. The administrative assistant, who grew up in Sri Lanka before moving

to the UK in the 1980s, said her great uncle, Sir Vaithilingam Duraiswamy, was knighted by King

George VI.

Her daughter,
Praveena, was an
air cadet and once
met the Queen.

Vanessa said she became interested in the Royal Family while

mobilism.org

HOME TO THE PAI

WHITEHALL



HYDE PARK



《这样的人后被的样故》

HORSE GUARDS

working in London. She added: "She was very devoted. She has done a service to our country, Britain, and also internationally and the Commonwealth.

"I respect her way of kindness, how she treats everyone equally, the religions and the communities. She sees everyone as equal.

"I really, really want to be part of it. I don't want to miss it in case they control the crowds if [the queue] gets too long."

Ms Nathakumaran is planning

to have her daughters bring warm clothes and glucose bars to keep her energy up during the wait. Her Majesty will be accompa-

nied by the Princess Royal and her husband, Vice Admiral Sir Tim Laurence, on her journey

from Scotland this evening. At Edinburgh Airport, her coffin will be conveyed on to an RAF C-17 by a bearer party, while The Royal Regiment of Scotland forms a guard of honour.

At RAF Northolt, The Queen's Colour Squadron will convey the coffin to the state hearse, where it will travel to Buckingham Palace via the A40, Eastbourne Terrace, Lancaster Gate, Bayswater Road, Marble Arch, Park Lane, Hyde Park Corner and Constitution Hill.

Transport bosses warn London will experience "unprecedented travel demand". Tube stations will have to temporarily close to avoid overcrowding and passengers are urged to avoid Green Park station.

Network Rail, Transport for London and the Rail Delivery Group said: "As Her Majesty's coffin travels to London to lie in state, it is expected that we will see unprecedented travel demand in the capital."

A service will run on the Elizabeth line between Paddington and Abbey Wood on Sunday to ease pressure on the network. That part of the line, which was opened by the Queen in May, is usually closed on Sundays.

Meanwhile, large numbers are expected to line the streets in Belfast and Royal Hillsborough as the King and Queen Consort visit Northern Ireland today.

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EEN ELIZABETH II: 1926-2022



Biggest security op as military hones tribute







BY TOM PETTIFOR Crime Editor

THE late Queen's funeral will be the biggest security operation seen in the UK as Britain's top cop pledged: "We will have a safe event."

The new Met Police Commissioner Sir Mark Rowley described the "massive challenge" during his first day in the job, with estimates of up to two million mourners expected on Monday.

A prop casket was yesterday carried on a gun carriage during a sombre dress rehearsal at Wellington Barracks next to Buckingham Palace.

Life Guards carried swords alongside a coffin draped in black, which was placed on the horse-drawn coach.

The Westminster Abbey state funeral will involve up to 10,000 officers, including some from outside forces.

US President Joe Biden will be among world leaders who will arrive in escorted coaches from a secret location in West London on the day. Their cars will have to be left at the site "because of tight security and road restrictions", leaked documents reveal.

Uniformed PCs will line the route alongside undercover operatives.

I've a lot of

trust in the

officers who

make it safe

SIR MARK ROWLEY
NEW MET COMMISSIONER

fantastic

will help

Snipers will be stationed on buildings and Army bomb disposal teams will be on standby as London is expected to grind to a standstill.

Up to 1,500 soldiers will be deployed to help control the crowds and protect the hundreds of foreign dignitaries.

Three helicopters from the Met's Air Support Unit will also be working around the clock along with firearms officers.

the new Commissioner yesterday

Metropolitan Police and for me personally, but we have been preparing

for many, many years.

"There are some very diligent and determined people who have put a lot of effort into this, and

indeed myself in my previous roles in the Metropolitan Police.

"Five or six years ago I was involved in some of that planning and I have been involved in a review recently.

"But most of all I have a lot of trust and confidence in the fantastic police officers who are going to support this event and help make it safe.

"They have been working with Sir Mark said after he was sworn in as colleagues from across Government, and the Royal Household and others. We morning: "It's a massive challenge for the will have a safe event but we will be

A NATION PREPARES



putting thousands of officers into this because of the level of security required and the millions of people who want to pay their respects."

Former head of royal protection Dai Davies said: "This will be the biggest operation ever in the UK. I can remember Churchill's funeral but that didn't have the terror threat or the issues with protesters and fixated persons.

"There will also be huge pressure in terms of the sheer number of people in Central London.

"It will be a hugely complex operation. They have to work with the security services to risk-assess who is coming."

Former Met Police chief superintendent Parm Sandhu warned the funeral could be a target for terrorists.

She said: "London could potentially be full. We are expecting to have people queuing for 12, 15 hours at a time just to file past the coffin, which is a real concern because crowds attract

criminals." She said it could be busier than it was for the 2012 Olympic Games or for the funerals of the Queen Mother and Diana, Princess of Wales. She said: "The

crowds themselves **SECURITY** Litter bin is sealed off will be a target for terrorists. The funeral gripes or gro itself will be a target for terrorists.

"All the services are going to be stretched and, with the queues that are going to be right across Central London, you could have streets that are going to be quite difficult to walk down."

Ken Marsh, chairman of the Metropolitan Police Federation, said officers were prepared for the challenge.

Mr Marsh said: "It will be challenging, but the plan is very good, it's been in place for a long time. It's what we do, none of the officers are concerned about what's in front of us or are daunted by it

because it's all laid down, it's all planned, it's all prepared. Our sovereign is gone, who we actually swore allegiance to and serve, as we do our new King, so they all want to do it.

gripes or groans about what's required of them because they all, to a man and woman, had affection for our Queen and want to be part of it, and want to show their respect in any way they can.

"There's a massive requirement for firearms, more than for routine officers, because of the amount of dignitaries.

"All the dignitaries, all the major players, they come with their own teams, most of them, but there are specific things in place for all of them.

"Obviously, you've only got a finite amount of motorbikes with guns etc, so some of those will be coming in to assist. In terms of crowds, some officers will be held in reserve so the force can respond if larger numbers of people than expected come to the capital. We have no idea of the numbers who will turn up.

"So, we're having to make sure that we've got the most required if necessary."

A man was arrested yesterday after a protester was seen shouting at the procession accompanying the Queen's coffin up the Royal Mile in Edinburgh.

Footage on social media showed the

man being dragged to the ground in an altercation with members of the public.

King Charles, the Princess Royal, the

Ring Charles, the Princess Royal, the Duke of York and the Earl of Wessex marched behind the hearse as it made its way up the Royal Mile.

A Police Scotland spokesman said: "A 22-year-old man was arrested in connection with a breach of the peace on the Royal Mile around 2.50pm."

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Zelensky's tribute to our Queen

VOLODYMYR Zelensky took time out from organising the fightback against Russia to sign a book of condolence.

The president's message reads: "On behalf of the people of Ukraine and myself, I express sincere condolences over the death of Her Majesty Queen Elizabeth II.

"Ukrainian women and men share this great loss.

"The memory of Her Majesty and her selfless service to her people will forever remain in the history of mankind."

UK ambassador in Kyiv, Melinda Simmons, said she was "deeply honoured".

WAR IN UKRAINE: P25



PLANS Health cover

Docs urged to prepare for Monday

HEALTH leaders have been ordered to ensure the NHS has out-of-hours cover as GPs are expected to close for the Queen's funeral.

Monday will be a bank holiday and NHS England yesterday wrote to regional leaders, GPs, dentists and pharmacies.

It said areas must make up for cancelled appointments and make sure patients can pick up prescriptions in advance.

It also asked for Covid booster care home visits to be carried out as planned and "strongly" encouraged clinics to stay open, even though they will be contractually able to close for core services.

Spending a penny could cost a pound

PEOPLE should be charged a pound to use public loos, a non-profit group says.
The British Toilet Asso-

ciation says the sum is the minimum local councils need to keep them open.

The estimated annual cost of a public toilet is £15,000 and councils are not legally obliged to provide them.

Raymond Martin, BTA managing director, says councils on tight budgets

may soon scrap them. He added: "Toilets that are damaged by vandalism will probably fall into disrepair. If we don't clean them we put lives at risk.

"I think the days of the free toilet are gone.

But £1-a-go toilets should be pristine, he said.

Homebuyers facing slump in loan offers

BORROWERS have almost 1,000 fewer mortgage deals to choose from than they did a year ago, with more than 500 offers vanishing since last month.

The number of fixed and variable rate deals has shrunk to 3,890, the lowest level since April 2021, Moneyfacts.co.uk said.

Back in September last year, 4,812 mortgage deals were available, 922 more deals than this month.

Moneyfacts said the average standard variable rate was now 5.40%, the highest since 2008.

Eleanor Williams, from Moneyfacts, said rising mortgage rates "may well be disappointing for many", particularly those nearing the end of a deal.



BY TOM BRYANT Head of Showbiz

FORMER 007 star George Lazenby has been axed from a live concert series of James Bond music after one show in which he reportedly boasted of his sexual conquests.

Some audience members had children with them and were horrified that the 83-year-old used his interview to talk about the women he had bedded.

It is not clear exactly what he said, but the actor later apologised, saying: "It was never my intention to make hurtful or homophobic comments. I'm truly sorry if my stories that I've shared many times were taken that way."

his

to have been in the audience for the show in Perth, Australia, on Saturday night

> a s "horrific". The caller said: "He spent all of the interview just talking about his sexual

> > **TOUR** Lazenby has been axed was certainly wasn't talking about his Bond movies. he downplayed [the death of l the Oueen.

"He named women he'd slept with, and there were children in the audience, a lot of families had brought their kids probably to their first classical music concert."

Organiser Concertworks

dropped Lazenby from the Melbourne leg of the tour, saying his comments were "unacceptable"

The show featured orchestral performances and a sit-down interview with Lazenby, who played Bond in 1969 film On Her Majesty's Secret Service.

Yesterday Lazenby added: "I only ever wish to share some stories and hopefully entertain some people.

I personally have friends within my close circle who are gay and I would never wish to offend anyone. Having been surrounded by strong women all my life, I have always admired and respected women and their wishes."

Lazenby made headlines in 2020 after

he claimed to have slept with five women a day while filming On Her Majesty's Secret Service.

Ín the same year he denied he was sexist after he was criticised for claiming "women are taking over".

He had infuriated

female stars by saying they had "squeaky voices" and dominated

homophobic he swore, he television. But he insisted: "Bond was once described, correctly, as a 'sexist, misogynist dinosaur'.

> "I may be a dinosaur but it would miss the point to describe me as the other words. I have huge respect and admiration for all genders.

"At a time when we have far to progress on equality, I hope I can be known as The Spy Who Loved #MeToo."
He added: "Of course things have

changed - and so they should.

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sky.com





WORLD IN MOTION Football fans in Qatar at the Club World Cup in 2019

Fans to show off their skills in five-a-side 'World Cup'

BY JEREMY ARMSTRONG

ENGLAND and Wales fans can compete for their own World Cup alongside the real thing in Qatar.

FIFA are laying on a five-a-side tournament with teams made up of supporters from all 32 nations.

The Fans' Cup will run from November 29 to December 2 at the FIFA Fan Festival zone in Al Bidda Park. It will be played in the same format as the World Cup, with group matches and knockout rounds until the winner is crowned.

A Qatar government spokesman said: "Fans are central to the success of the first FIFA World Cup in the Middle East and Arab world.

"We are thrilled to be hosting this tournament, which we believe will create an exciting atmosphere while uniting fans from across the globe through their shared passion for the beautiful game."

Players must be aged 18 years or over and either citizens or residents of the national team they wish to represent. Successful applicants should already plan to be in Qatar during the tournament.

Each team must comprise a minimum of seven players (including substitutes). All players must have travel and accommodation secured for Qatar 2022 for the given period.

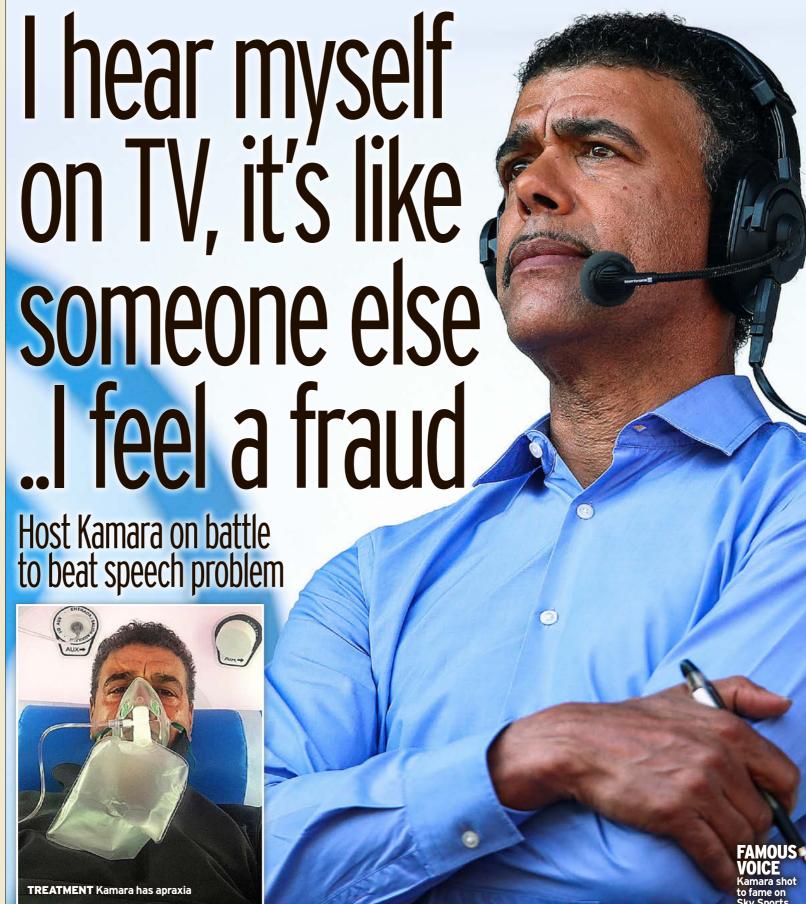
The tournament mirrors the FIFA World Cup model and the same teams that face off in the tournament proper will do so in the Fans' Cup. The group stage, round of 16, quarter-finals, semi-finals and final will be played over four days.

The prizes will be revealed after all the players have been confirmed.

England and Wales will be among the best supported teams at the World Cup. The two British nations to have qualified are among the top 10 countries in terms of ticket sales.

Fans from Qatar, Saudi Arabia, the USA, Mexico, the UAE, Argentina, Brazil and Australia are also leading the way for tickets.

Entertainment will include camel rides, street carnivals and concerts with possible acts including ABBA, Lady Gaga and Aerosmith.



BY MARK JEFFERIES Showbiz Editor

TV'S Chris Kamara says he feels a "fraud" after being persuaded to carry on his presenting career, despite a speech impediment.

The former Sky Sports pundit, who now fronts ITV's The Games, and presents Ninja Warrior UK and Cash in the Attic, had considered quitting after being diagnosed with apraxia.

TV bosses assured the 64-year-old that they still wanted him, but the ex-Leeds, Swindon and Brentford star has admitted he is finding it hard to carry on in the job.

He said: "I feel a fraud now in terms of broadcasting. I don't bring to the table what I used to. So that's hard.

"I feel I'm doing these programmes and they're not getting the best of me but they're tolerating me.

that Sky gave me - that's reserved for someone who passes away. I've had the tribute while I'm still alive that people don't get.

'You always read the obituaries and the comments and you think 'why didn't people say that?' So I think maybe I should have bowed out then – taken the accolades and said 'thank you'. Am I tarnishing what I've got and what I had?"

Speaking to Steven Bartlett on the Diary of a CEO podcasť, he said he was talked into hosting the $\,$ seventh series Ninja Warrior, and having watched "It's like anything else, you take it watched for granted, your old self. That tribute recordings he

feels he's not up to his old self. He said: "I tried to pull out when they rang me.

They said: 'Don't worry about it'. I watched a bit of the first episode and even though it doesn't sound like me, it's passable."

Kamara, who left Sky Sports at the end of the last football season, admitted his condition has left him fearful of the future. He said: "My life away from the screen couldn't be any better – grandkids, family, it's perfect. But every day I wake up,

the first thing I think is, 'Am I going to be able to talk today?'"

He added: "It

feels like someone has taken over my voice box.

'The voice that used to come out would come out at 300 miles an hour you've seen me on the results and Soccer Saturday, motormouth, talking and not even waiting for a breath, just keep going and going.

"Now when I hear myself or see myself on TV it's someone else."

Last month it was revealed that Kamara has tried hypnotherapy.

Leeds-based hypnotherapist Daniel McDermid, who has been treating Kamara, tweeted: "It's been an absolute pleasure helping you, Kammy.

"You're one of life's genuine gentlemen and an inspiration to so many. You're doing great and truly deserve every success.

Chris replied: "Thanks Daniel. You have given me great confidence."

Kamara revealed his speech problem in March, saying: "Hopefully I can beat this."

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BATTLE Chef Dave Myers

Biker Dave's foodie dream is a fishy one

BY **MARK JEFFERIES** Showbiz Editor

HAIRY Biker Dave Myers is dreaming of a seafood road trip as he battles cancer and he is also eyeing up a spicy TV comeback.

The 65-year-old is keeping his spirits up by thoughts of returning to a fish restaurant recommended to him by Easy Rider star Dennis Hopper. He said: "There's a

restaurant outside of Cape Town called The Codfather. That drive down the coast would be wonderful.

"Having a few glasses of South African wine and then the best seafood I've ever had in my life.

"I'd quite like to be there tomorrow.

Biker buddy Si King told BBC Radio 4's The Food Programme their next stop

will be Indonesia.

Dave added: "We want to do a series on spice.



COSTS CRISIS Cash woes

Rate of OAPs with jobs hits all-time high

BY GRAHAM HISCOTT

THE number of working pensioners has soared to a high of just under 1.47 million, possibly due to the cost of living crisis.

The Office for National Statistics revealed a record rise of 173,000 in the three months to the end of June.

It was driven by over-65s doing part-time jobs. Kate Smith, of finance

firm Aegon, said some were being "forced into work to ease the financial burden in later life".

Other studies showed a rise in people withdrawing more from pension pots.

Of those aged 65 and over with jobs, nearly 335,000 had full-time roles.

The ONS said employed OAPs worked an average of 21.7 hours per week, mostly in health and care, retail and education.





Former Met chief insists police are on right track in Olivia gun thug hunt

EXCLUSIVEBY **NICK SOMMERLAD** Investigations Editor, TOM PETTIFOR Crime Editor and HOLLIE BONE

THE criminals involved in the murder of little Olivia Pratt-Korbel will be brought to justice eventually, a former police chief has insisted.

Nine suspects have been arrested since the nine-year-old was shot dead at her home in Liverpool, yet no charges have been brought.

Ex-Met officer Det Chief Insp Peter Kirkham believes the case will be tough to crack owing to a gangland vow of silence - but it will only be a matter of time before her killers are caught.

He said: "It would not surprise me to find that it is towards the end of the year before we see any major developments. But I am confident that, sooner or later, we will see those involved brought to justice."

Mr Kirkham claimed the fact several suspects in the case have been released on bail "suggests to me the police are sure they are on the right lines as bail puts them on tight timescales to decide whether or not to charge the suspects".

He added: "We are still in the early stages of a complex investigation.

'Charging, let alone conviction, is still a long way away though, and weeks or months of hard work is needed. Even if there was insufficient evidence available, meaning they had to be released pending further enquiries, I would be extremely optimistic about finding more and more as enquiries reach deeper into their backgrounds."

Olivia was killed on August 22 when the suspected gunman burst into her family home in Dovecot while chasing a male into the house.

Det Chief Supt Mark Kameen of Merseyside Police later released CCTV footage of a suspect fleeing the scene.

He said: "This man is toxic to our communities and if you are protecting him he is toxic to you.

'Those involved in serious and organised crime are being significantly disrupted by increased policing activity.

"We are making these areas toxic to those who commit crime. I said we would bare our teeth and that is

daughter's killer to hand himself in. The 46-year-old, who was shot in the wrist during the attack, said: "You've done wrong, so you need to own up.

Despite the gangland links, detectives investigating the death have received significant information. The name of the main suspect was widely known within hours and shared with police, along with our reporter on the scene.

Members of the community allegedly planned to track him down and deliver their own justice.

One man told our reporter the name of the suspect, after we gained his trust. But he asked that we never approach his door again for fear of reprisals.

He said: "If police need someone to turn grass, that's just not going to happen. But the community has said what they need to say. People are talking because the rules

changed. have nine-year-old has been shot dead in her home." former probation officer told how he fears Olivia's family may never get justice. James Riley set up a group called Get Away 'N' Get Safe that steers Liverpool children

> from crime. "The He said:

worry is, as time goes on, that maybe they won't find anything forensic. The gun may have been cleaned up or disposed of.

The clothes the gunman was wearing will have been cleaned or burned. What can you do then? 'Someone will have given the name

in. But you can have the same name 200 times and it is not evidence.

Will the people involved turn on each other? It seems very unlikely. In the criminal underworld the one thing you do not want to be is a grass.

"People have been getting shot in Liverpool for years and when they arrive at the Royal Liverpool Hospital the police are called but they always refuse to co-operate.

"It doesn't matter what they have done to you, you never tell."

Olivia's death is the latest of a number of horrific child killings over the years in Liverpool.

Other innocent victims include James Bulger, two, Rhys Jones, 11, Anthony Walker, 18, and, recently, Ava White, 12.

Cheryl paid tribute to her daughter last week. She said: "She was amazing. She loved life.

"She was my little shadow. She went everywhere with me.

"She never stopped talking and that's what I miss the most, I can't hear her."

nick.sommerlad@mirror.co.uk @NickSommerlad





INVESTIGATION Search



FOCUS Officers at golf course brook

Cops scour golf course for murder weapons

BY **STEPHEN WHITE**

AN "extensive land search" was being carried out yesterday in the search for two guns thought to have been used in Olivia's murder.

Officers were at West Derby Golf Club in Liverpool, focusing their search on a shallow brook running through the course.

Detective Chief Superintendent Mark Kameen said: "Three weeks on and our investigation continues in our relentless pursuit of the man responsible for Olivia's murder and those who are shielding him.

"I promised that we would leave no stone unturned in our hunt for the offender and the guns used on that night and, following information, we are carrying out a hunt for those weapons."

FUTURE

Search teams were backed up by the North West Underwater Search Team and the Merseyside Police drone unit.

Mr Kameen said: "My message to the offender is clear - we will not stop until we have the evidence to put you before the courts and behind bars.

"Olivia's family are absolutely broken by her tragic loss, which has robbed a beautiful young child of the life and future she should have been looking forward to.

"Olivia wanted to be a teacher, or a vet and her family have described her as someone who liked to laugh and make others laugh.

"She was an innocent young child in her own home, who should have been safe."

Nine people have been arrested in connection with Olivia's death, but were released on bail.

Mr Kameen said:
"Since Olivia's
murder the
investigation team
has been working
around the clock.
"We still need more

information and we need to find the guns. I would appeal to anyone who has information which could help us with our investigation to come forward."

CLUES Officers

comb through

Quick march to longer life

HOW fast you walk is just as important as how many daily steps you take.

Completing 10,000 paces a day can lower the risk of dementia, heart disease, cancer and death.

But a new study found a faster pace was beneficial for preventing all four, over and above your step count.

Prof Borja del Pozo Cruz, from the University of Southern Denmark, said: "Our study also demonstrates that as low as 3,800 steps a day can cut the risk of dementia by 25%."

Grange Hill class act



Mrs McCluskey actress Gwyneth Powell dies at 76

ADVERTISING FEATURE

Could you help children living in hygiene poverty?

Boots and The Hygiene Bank want to help more children to start the new school year clean and with confidence. Along with donations from its customers, Boots has donated over a million items to The Hygiene Bank. For every 1kg donated, Boots will match it with another full-size product.

The most-needed items are:

- Toothpaste
- Toothbrush
- O Deodorant
- Period products
- **⊘** Shampoo
- Conditioner
- **⊘** Soap
- Nappies
- Body wash
- Plasters



You can donate any full, unopened items at drop-off points in over 500 Boots stores. Find your nearest drop-off point on boots.com





BY NICOLA METHVEN TV Editor

AS Grange Hill's headmistress Mrs McCluskey, actress Gwyneth Powell captivated - and often terrified - a generation of teenagers in the 80s.

Many of her fans, now middle-aged, went on to become school leaders them-

selves after being inspired by the firm but fair teacher.

Now the fans who tuned in to the BBC children's drama every week to watch her and other favourite characters such as Tucker Jenkins and Zammo will be in mourning after the actress died aged 76.

Gwyneth had many roles besides Mrs McCluskey but that role, from 1980 to

In 2013 she said: "I don't think a day passes without someone telling me how much they loved the programme.

"It affected a whole generation and many women teachers told me my role encouraged them to apply for headships." Perhaps part of the power of the

Manchester-born actress's performance

teacher. But after graduating from Goldsmiths College in London she went into repertory theatre in 1969.

came from the fact she trained as a

Roles in shows such as Dixon of Dock Green, Emmerdale and Corrie followed. She began Grange Hill in 1980 aged 35.

She said she was able to influence the character, adding: "Mrs McCluskey was written as a 'twin set and pearls' role but I didn't want to play it like that. It did coincide with the Thatcher years. I think Mrs McCluskey became memorable because we had a Prime Minister like that."

She later starred in A Touch of Frost and in Channel 4's Man Down.

She died last Thursday 1991, was the one that stuck. **ROLES** In her early years with husband Alan Leith by her side after complications following surgery for a perforated colon, her agent Matthew Lacey said yesterday.

Lee MacDonald, who played Zammo McGuire in Grange Hill, said: "She will

be missed by so many. nicola.methven@mirror.co.uk > @mirrormeths

VOICE OF THE MIRROR: PAGE 16

The Hygiene Bank is a registered charity in England and Wales number 1181267, and Scotland SC049895





TRAGIC lanto Jenkins

Father drove vehicle that killed boy, 3

A THREE-year-old boy died when he was hit by a pick-up truck and trailer driven by his father, an inquest has heard.

 $\bar{\text{I}}$ anto Jenkins suffered a fatal head injury on the family dairy farm last year.

Pembrokeshire and Carmarthenshire coroner's court heard the boy was riding his bike in a farmyard near Efailwen, Carmarthenshire, Wales.

His father Guto Jenkins, 32, told the court he checked all mirrors and around the vehicle before pulling away. He added: "The pain and

guilt will stay with me for the rest of my life."

An inquest jury returned a conclusion of accidental death, saying Ianto had died from a "head injury caused by impact with a loaded trailer".



ATTACK Ricky Morgan

Tube assault machete yob jailed for life

BY **EMILY PENNINK**

A THUG was vesterday jailed for life after attacking a random Tube passenger with a machete.

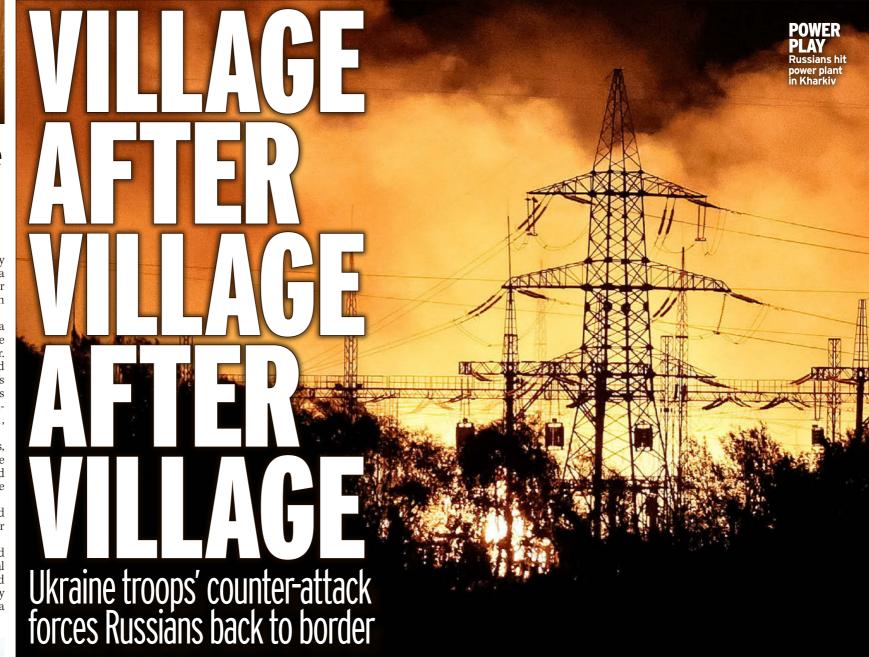
Ricky Morgan, 35, left James Porritt for dead in the unprovoked assault.

The victim suffered a severely injured right hand and head and shin cuts in the 20-minute attack.

Homeless Morgan was eventually overpowered by police. He denied attempted murder on grounds of insanity but was found guilty by a jury at the Old Bailey in May.

And yesterday judge John Hillen jailed him for a minimum of 16 years for the attack in Central London on July 9, 2021.

He told Morgan: "James Porritt is very lucky to have survived." Mr Porritt said: "I genuinely thought he was going to kill me.



BY **STEPHEN WHITE**

UKRAINE'S army is continuing to push back Russian forces, liberating territory held by Putin's troops since the start of the invasion.

As the counter-attack continued, freeing village after village amid reports of Russian troops abandoning their positions, Ukraine's President Volodymyr Zelensky declared: "The world is amazed by our warriors. The enemy is in a panic.

'They will call it a gesture of goodwill. We will call it victory

The Ukraine army claimed that in one region it pushed the invaders right back to the Russian border.

Regional governor of the north-east Kharkiv region, Oleh Syniehubov, said: "In some areas of the front, our defenders reached the state border with the Russian Federation.

After Russia attacked power stations and other civilian infrastructure on Sunday, knocking out electricity in many places across Ukraine, the Kyiv authori-



TRIUMPH Ukrainian troops retake border village, Hoptivka

ties said power and water had been restored to 80% of the Kharkiv region.

But there were further missile strikes on Kharkiv yesterday aimed at disrupting power and water supplies.

Ukraine's Defence Minister, Oleksii Reznikov, said the priority now was to secure the territorial gains made in a week of rapid advances in Kharkiv.

There were reports that the Russian army had abandoned equipment and ammunition as it withdrew from areas

held since the first weeks of the war. There were also claims that retreating Russian troops had been looting.
Following the Ukraine losses,

Vladimir Putin was said to have sacked Lieutenant General Roman Berdnikov, who had been in the job for just 16 days.

And there were reports that municipal deputies from 18 districts of Moscow and Saint Petersburg signed a public statement demanding that Putin resign.
President Zelensky had a direct

message for the Russian president. He said: "Do you still think you can intimidate, break us, force us to make concessions?

"Did you really not understand anything? Don't you understand who we are? What we stand for? What we are talking about?

"Read my lips - cold, hunger, darkness and thirst for us are not as scary and deadly as your 'friendship' and 'brotherhood'. We will be with gas, lights, water and

food... and without you." The Kremlin said their troop movements had been planned.

Spokesman Dmitry Peskov said: "The military operation continues and it will continue until the goals that were originally set are achieved."

Russian battle-tank maker Uralvagonzavod has switched to "round-the-clock" production to replace lost weapons.

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VOICE OF MIRROR: PAGE 16

United in sadness for Queen and gladness for Commonwealth and the world. What an

ON a dank, dreary day, the Union flag flaps wetly at half mast on the tower of Holy Trinity, Skipton.

It was raised briefly to welcome the new King, but lowered again in tribute to our lost Queen.

In the damp, grass garden of the 14th century church are a dozen or so floral tributes, mostly, for some unknown reason, of yellow flowers.

Was that the Queen's favourite colour? It's certainly the choice of the bouquetPAUL ROUTLEDGE LIFE RESUMES

layers. Some have written tributes, mostly anonymous. "Queen Elizabeth, Saint of our Times, Rest in Peace, Rise in Glory!' reads one. "Flowers for our beautiful Queen", says another.

Inside the church - on a simple table with a picture of Her Majesty, a solitary written condolences. It is virtually full already, with names of local people and visitors from all over the country.

Aileen, of Southwell, Notts, writes: "I followed you as a little girl, and now I will miss you." Jo and Becky praise the monarch's grace and dedication.

Carol and John, from Shropshire, exclaim: "What a wonderful lady! We thank you for your guidance and love shown to all in this country, the

example you have been to us all. May you rest in peace and may God bless the reign of King Charles."

I sign my name on the last page of the book, pausing to reflect that in these unbidden words of love and praise. I hear the authentic voice of England, united in affection for our lost sovereign.

And joy for the new monarch. How difficult it is, to reconcile grief for the Queen with gladness for the King.

OUR DAILY PUB QUIZ

The Commonwealth Games was first held during which decade?

2 Montezuma II was the 16th-century ruler of which empire?

3What does a deltiologist collect?

4 Cu is the symbol for which common chemical element?

5Cilantro is the American name for

Remote GP slots could drive up heart deaths Olympian calls for checks as in-person visits plunge HEALTH OVER-55s upperson visits plunge





PLAY ON APP, ONLINE AND IN-STORE





*Estimated Jackpot. Account Terms, Rules & Procedures apply. Players must be 18+.

OLYMPIAN Roger Black is urging all over-55s to get an in-person GP check-up amid fears a rise in virtual appointments could lead to more avoidable deaths from heart failure.

The 56-year-old former athlete is an advocate for the Heart Valve Voice charity, which is warning an estimated 35,000 people die every year because heart valve disease goes undiagnosed.

Wil Woan, executive director of Heart Valve Voice, said: "It is only during an in-person appointment that the GP can have that quick listen to the chest."

If a GP suspects heart valve problems they can refer patients for a type of ultrasound scan called an echocardiogram, or "echo".

Heart valve disease affects one in 45 people – 1.5 million Britons - and thousands have the condi-

tion without knowing it.

The heart valve keeps the blood flowing from the left ventricle, the heart's main pumping chamber, to the aorta, the body's biggest blood vessel.

If it fails to work properly, vital organs are starved of oxygen, meaning the heart wears out from the strain of keeping the circulation going. Symptoms include dizziness and shortness of breath.

Olympic 400m silver medal winner Black had a heart murmur detected at the age of 11 during a routine health check at school and he was later diagnosed with mitral regurgitation, a form of heart valve disease.

He said: "Heart valve disease is something I've lived with from school age. Having a regular echo is just a part of life for me now. Getting a valve disease diagnosis can feel scary, but it is much better to know early and be seen by a cardiologist than ignore symptoms."

It is estimated at least 290,000 people in the UK are suffering from the most common heart valve disease, aortic

Heart valve

disease is

something

I've lived

with from

school age

ROGER BLACK FORMER

stenosis. A study in the journal Open Heart calculated that without timely treatment, up to 172,859 of those with severe aortic stenosis in 2019 would die in five years, equal to 35,000 every year.

Pre-pandemic, 80% of GP visits were in person, but that fell to 57% in July, and Heart Valve Voice says that could mean more cases are missed.

Mr Woan said: "This means far fewer heart valve diseases will be picked up and we are worried about conditions with the highest fatality."

Professor Martin Marshall, of the Royal College of GPs, said: "In-person care will always be an essential aspect of general practice but appropriate, efficient and safe care can be delivered remotely and many patients prefer this."

martin.bagot@mirror.co.uk @MartinBagot

SHOCK DJ Robbie Williams

Let meeeeee entertain you (with Google)

BY MARK JEFFERIES Showbiz Editor

ROBBIE Williams was so unprepared for his DJing debut that he had to Google "what do DJs say" during the set.

The Let Me Entertain You star launched his new dance project with a show in Ibiza last month.

Robbie thought he just had to play the tunes and dance. He said: "What actually happened was 2,000 people faced the stage and just looked at

me. It was so awkward. "I Googled 'what do MCs say' while I'm on stage... I just repeated the top ten things several times."
Robbie told Annie

Macmanus on yesterday's Changes podcast he's happy to start from the bottom like any other DJ. He added: "It doesn't

matter who you are, this is where you start."



LONGEVITY Simon Cowell

Si: I have no talent, that's why I spot it

BY JAMES DESBOROUGH

MUSIC mogul Simon Cowell admits he has no talent himself, hence why he judges it instead.

The 62-year-old said: "My talent is knowing I have no talent... that's why I sit where I do.

"I hopefully say what people at home are thinking. Not all the time, but some of the time."

Speaking before the final of America's Got Talent Simon said his skill set must be working as he still has an eye for class acts.

He added: "If we were not finding great people we would have stopped making these jobs years ago. The fact we find great people is brilliant."

And Simon revealed his son Eric, eight, is helping him quit smoking by limiting him to just "two puffs of a cigarette".



Judi TV specstacular



BOND Jay and Judi on show

EXCLUSIVE BY NICOLA METHVEN THE Filter

DAME Judi Dench was thrilled when The Repair Shop fixed a treasured watch, but she had not expected a magnify-cent gift as well.

For horologist Steve Fletcher gave her two pairs of his super strong specs, which meant Judi, whose eyesight is failing, could see every tiny detail in her late husband's pocket-watch.

Dame Judi, 87, recently took part in a special Repair Shop

Repair Shop's Steve gifts Dench magnifying glasses

show, where Jay Blades and his told the Mirror team helped to repair the time-piece belonging to her late husband Michael Williams.

Afterwards, Dame Judi, who engraving we'd has age-related macular degeneration, was unable to see a tiny engraving of Michael's initials, which Steve had added. Steve KIND Steve Fletcher

"She was looking at the watch and couldn't see the

put on the back. "So I loaned

her my glasses

and she said, 'I can see it so well now'." He then gave Judi two pairs of his specs, which together providing magnification five times the normal size.

He said: "She could see every-thing about the watch and it was a lovely moment.

"Šhe could use them as really powerful reading glasses. Sometimes the simple things work."

Judi thanked Steve profusely, telling him, You're so very kind."

nicola.methven@mirror.co.uk @mirrormeths

TODAY: TUESDAY, SEPTEMBER 13, 2022

On this day

60 YEARS AGO (1962) Our front page said it should be

Brits who decide whether the country enters the Common Market. PM Harold Macmillan was in favour but it would be another decade before we joined the EEC. 69 YEARS AGO (1953)

Nikita Khrushchev was appointed head of the Soviet Union's Communist Party. In 1956, he denounced his predecessor Joseph Stalin's brutal purges.

29 YEARS AGO (1993) The Oslo Accords were signed,

giving Palestine some autonomy in the West Bank and Gaza. Despite high hopes, the impact on peace in the region was minimal.



Today's giggle

A cement mixer and a prison bus crashed. Police are on the look-out for a gang of hardened criminals.





Jean, 71



Birthdays

One Direction star **Niall Horan** is 29. He has a fear of pigeons. Mare of Easttown actress **Jean Smart** is 71. She originally wanted to be a vet. Fashion designer **Stella McCartney** turns 51. The animal lover never uses leather or fur in her designs. Bullitt actress **Jacqueline Bisset** is 78. She is Angelina Jolie's godmother. And many happy returns to Mirror reader **Ann Carson**, from Belfast, who turns 62 today.

If you'd like us to mention the hirthday of a loved one, write to Birthdays, Daily Mirror, One Canada Square, London E14 5AP or vourvoice@mirror.co.uk

Mirror OFFERS



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Also available in this range, a Flamingo, Heron, Mallard Duck, Swan and Peacock, See our website for more details.

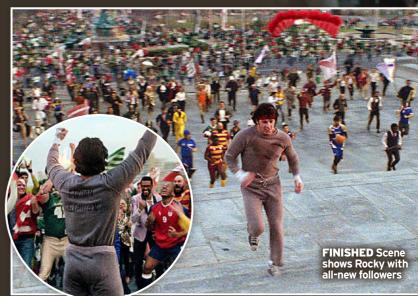
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HOW FAMOUS





EXCLUSIVE BY NATASHA WYNARCZYK

ew movie scenes pack as much punch as Rocky Balboa pounding through the streets of Philadelphia before sprinting up the steps of the city's Museum of Arts followed by a throng of cheering supporters.

And now an advert for gambling company Ladbrokes has reimagined the scene, from 1979 classic Rocky II.

But instead of neighbourhood kids, Rocky runs with a cast of athletes including jockeys, footballers and dancers.

The 90-second clip has even got the thumbs-up from Rocky actor Sylvester Stallone, 76 - who approved the idea over breakfast one day.

Movie specialists

spent 15,000 hours on visual effects after the advert idea was pitched to Ladbrokes by creative agency Neverland.

The ad, which took six months to complete, was directed by Danish filmmaker Nicolai Fuglsig. His previous work includes the award-winning Sapeurs ad for Guinness, which featured a club of elegantly dressed men in the Congo.

Experts from Selected Works, who also helped to create the ad, painstakingly went through the running scene, digitally removing all of the original cast except for Stallone.

The new version required more than 250 extras, a mix of athletes and actors, on a two-week shoot in a hangar in Budapest, Hungary.

For the shoot in April, they ran across 1:1 scale sets built exactly to match the original

BIG FAN Rocky star Stallone

FILM SCENE WAS TRANSFORME

ad to kockvad

2022 Huge cast of sporting characters run along

Groundbreaking commercial needed 250 extras, a horse and millimetre precision

locations in Philadelphia. One of the its own challenges due to the Selected Works team had been to all the locations from the Rocky II scene to scan them with LiDAR, a system that uses lasers to create 3D maps.

Alex Fitzgerald, executive producer at Selected Works, says the new extras

He explains: "It was very intricate. People had to be in the right place by millimetres so we were working to really finely tuned distances. There

were quite a few takes, but it was a remarkable accomplishment by Nicolai."

One of the characters is a jockey on a thoroughbred, and while some characters such as the parachuters were CGI, the horse was real.

Alex says: "The horse was shot on camera, which had unpredictability of working with animals. Again, it was just trying to calculate how it was done and we had sand-based terrain to make it comfortable for the horse.

executive creative director at Neverland, says it was their third advert for Ladbrokes and they were challenged to go bigger this time.

He said: "Because they wanted us to

world of Marvel-level entertainment, and how we could emulate that. It didn't take long for us to arrive at the Rocky sequence... it's the most epic scene – that brings people together."

But Neverland and Selected Works first needed to get approval to use the Rocky II clip, including from writer, director and actor Stallone. He gave the nod over his morning eggs.

Jon says: "It was a long process, but

as we went through each step it felt like the idea would become a reality. I am a firm believer that a really good idea will find a way to live."

The advert also features the song in the 1979 film Gonna Fly Now, composed by Bill Conti in 1976.

For the commercial it was

by the English

re-recorded

Session Orchestra and sung by the choir London Voices.

James Kennedy, UK brand marketing director for Ladbrokes said the idea from Neverland knocked him for six when they first pitched it. He said: "I knew I'd be

signing up to a hell of a journey with pitfalls at every step, but leaping in my mind to the likely end result, I felt this was going to be epic. I'm a big Rocky

fan and to take an icon, the most famous run in movie history and mix it all up? I was all in.

We're confident that this new version packs a punch. We hope it brings a smile to everyone who watches it." Ion adds the advert is some welcome escapism for viewers.

He says: "At the moment in particular there's a big appetite for nostalgia and looking back at some of the classics.

"We are living through very challenging times so to have that feel-good factor is really uplifting. There's a massive appetite at the moment for exciting audio-visual content.

HAPPY Jon Forsyth "I think this advert $could \ change \ things \ going \ forward. \ In$ all my 25 years of working in adver-

@tash wynarczyk

tising I've never seen anything like this created before. It's off the scale." natasha.wynarczyk@mirror.co.uk

Jon Forsyth, co-founder and acting could then be added to the footage.

It didn't take us long to arrive at the Rocky sequence.. It's the most epic scene

JON FORSYTH OF NEVERLAND ON CREATING THE AD

Time for change? Create a buzz

The inspirational story of how one vet brought about a change in the law on puppy farming – and why every individual has the power to make our world a better place to live

'You've been tireless over the years.

Marc, we need more of you!'

Ricky Gervais

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HEALTH

The showbiz medic opens up to **Amy Packer** about his own experiences of asthma and explains why he believes we need to take the condition more seriously

ver the past decade, Dr Ranj Singh has become a muchloved household name, appearing as a resident doctor on This Morning and Morning Live, wowing us on All Star Musicals, winning Cooking With The Stars and competing on Strictly, where he dazzled with his unforgettable Aladdin-inspired quickstep.

But away from the sequins and camera crews, Dr Ranj, as he's affectionately become known since first gracing our screens on CBeebies show Get Well Soon, still works part-time as an NHS doctor. Talking to him, it's clear medicine remains a strong focus, despite the draw of showbiz.

In fact, the importance of looking after our own health is a lesson he learned at a very young age, when both Ranj, now 43, and his younger brother Harminderjit, 42, developed asthma.

"I can still remember the panic of lying in bed when my breathing was bad, wondering whether I'd be able to catch my next breath, which was a really horrible experience," he says of his childhood in Medway, Kent.

"Thankfully my asthma was only ever mild, and I was lucky enough never to be hospitalised."

In fact, the pair both believed they had "grown out" of the condition once they reached adulthood, having not been troubled by symptoms for years.

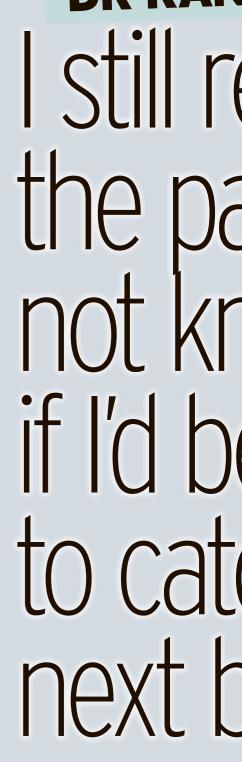
But when Covid struck, the brothers received an unexpected wake-up call.

At the start of the pandemic, Harminderjit, who works in financial services and still lives in Kent, came down with Covid and started struggling for breath.

"I wasn't with him, but by the time he got to his local medical centre he was too breathless to speak," says Ranj, who lives in London. "And although he recognised that he was probably

having an asthma attack, he didn't have an inhaler or a clue how serious it actually was."

"Thankfully he got help, has recovered and he's been fine ever since, but his life was definitely put at risk that day," Ranj says. "It was a reminder



to me of how dangerous asthma can be."
It's one of the reasons Ranj makes
time to support leading lung charity
Asthma + Lung UK. According to the

charity's research, one in six adults don't realise asthma attacks can be fatal and yet four die from one every day.

Additionally, 70 per cent of those with asthma are not getting the basic care they are entitled to, such as

a yearly asthma review, due to pressures on the NHS.

As lung disease is the third biggest killer in the UK, it is obviously cause for concern.

"Potentially anyone with asthma can become very ill," says Dr Ranj, who has also seen it first hand having

FEARS
Ranj and
his brother
Harminderjit
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years working in children's A&E ntensive care in London hospitals. ne last thing I want to do as a ian is to scaremonger, but I do it's important to realise that na can put both children and s into ICU."

hough asthma is a relatively non condition, affecting around illion people in the UK, Dr Ranj ves it should be taken far more usly than it is, and admits he finds e's nonchalant approach ating and worrying.

a doctor, I have looked after ren with asthma in intensive care are extremely unwell. It's an edictable condition and if it's not ged properly it can make people erously ill.

itting a child on a ventilator is an easy option and it is always a ring outcome for parents. Some ly don't realise that asthma can be

reatening nis needs to change if we want to



prevent children from ending up in hospital with serious asthma attacks," he stresses.

Dr Ranj's timely warning comes early in the new school year, when children are at most risk of life-threatening

asthma attacks because they are exposed to the "perfect storm" of viruses, colder weather and a change in routine. Recent statistics from Asthma + Lung UK have revealed that the number of children hospitalised in the first four weeks of the autumn term can surge by up to 300 per cent.

"Some children may fall out of their usual preventer inhaler routines over the summer break which can leave them much more vulnerable to an attack," explains Erika Radford, head of health advice at Asthma + Lung UK.

"The best thing parents can do is to ensure their child takes their preventer inhaler (usually brown) every day as prescribed. This helps calm the inflammation in their airways and reduces the risk of an asthma attack.

"Children should also have their reliever inhaler (usually blue) and a spacer (if they use one) at school to use if they have asthma symptoms."

But for Dr Ranj, it's not just about changing peoples' behaviour, it's about

YOU'RE HAVING AN ASTHMA ATTACK

GP Dr Andy Whittamore, clinical lead at Asthma + Lung UK, has advice for those experiencing an asthma attack:

- Sit up straight and try to keep calm. ■ Take one puff of your reliever inhaler (usually blue) every 30-60 seconds for up to
- If you feel worse at any point or you don't feel better after 10 puffs, call 999 for an ambulance.
- If the ambulance has not arrived after 10 minutes and your symptoms are not improving, repeat step 2.
- If your symptoms are no better after repeating step 2, and the ambulance has still not arrived, contact 999 again immediately.

challenging unhelpful attitudes.

"People see asthma as a mild illness that isn't harmful, but the truth is it can be dangerous, even fatal, and needs to be taken seriously," he stresses. "It's surprising the number of people with an asthma diagnosis who don't carry a reliever inhaler with them, and who don't know what to do in the event of an asthma attack. We need to change that."

He believes asthma should be treated as seriously as a food allergy and reliever inhalers put on an equal footing with EpiPens and carried everywhere.

"If someone goes into anaphylactic shock, it is treated as a medical emergency, but if someone has an asthma attack it is often dismissed as a bit of a cough or a wheeze and that isn't right," says Ranj.

yourhealth@mirror.co.uk

The good news is, he adds, that if managed really well, asthma doesn't need to dominate the lives of children or parents. This is a sentiment echoed by Erika, who says there are precautions parents can take to prevent their child from becoming seriously unwell or ending up in hospital.

"Parents should make sure that their child has a yearly review with their GP or asthma nurse," she says.

"This should include a check to ensure they are using their inhaler



properly and have a written asthma action plan."

Over a million children in the UK have asthma and every 2.5 minutes a child has a potentially life-threatening asthma attack. The warning signs that a child's asthma symptoms are getting worse include coughing and wheezing at night or early in the morning, breathlessness, complaining about chest or stomach pain, or needing their

reliever inhaler (usually blue) three or more times a week.

"Older children present very much like adults and tend to cough and wheeze, fortunately they are usually able to express what they are feeling," explains Dr Ranj. "But if a younger child is struggling to breathe, amongst the usual signs parents need to look out for are fatigue, a reluctance to speak or play and a tendency for them to pull in their chests when breathing as they might not be able to articulate what is happening.

"By being vigilant, giving medication as prescribed and knowing how to deal with an asthma attack, most parents should feel in control of their child's asthma," he adds.

"But it's still important to know when to get help and what to do in an emergency."

■ Asthma + Lung UK is committed to transforming lung health by campaigning for breathlessness to be taken seriously, funding groundbreaking research and providing advice and help to people with lung conditions. For more on asthma attacks, visit asthmaandlung.org.uk or call 0300 222 5800.

■ Dr Ranj's latest books, Brain Power (£9.99; Wren & Rook) and Superpower Like Mine (£6.99; Hodder), a picture book for younger children, are out now.

If you thought endless cups of coffee were the only way to help boost concentration and focus, think again.

James Moore reveals some surprising, scientifically proven ways to pep up your performance

Juice the job

Make sure you have a glass of orange juice with your breakfast before you start your working day. A study by the University of Reading showed it could improve alertness and concentration. The effect has been linked to flavonoids in the fruit.

Go areen

Put a peace lily on your workstation. A Dutch study found that indoor plants increase concentration levels, while research at Exeter University found greenery in the workplace was linked to improved productivity and boosted staff

well-being by 47 per cent.

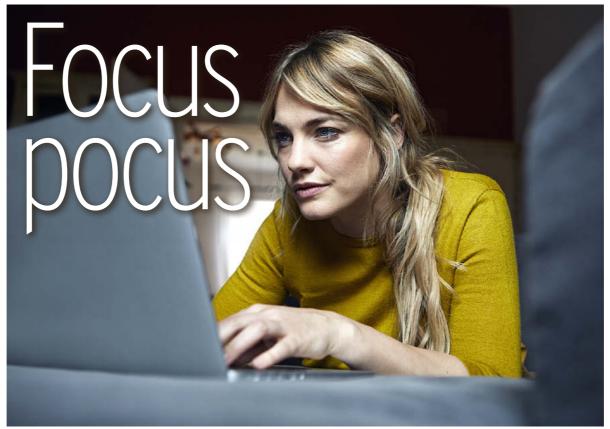
Stand up

Standing rather than sitting while you work could give you a lift. Scientists at the University of Leicester discovered that more than half of people using standing desks felt more

engaged at work after a year of using them.

Chew chew

Boffins at Cardiff University revealed that people who chewed gum during a memory task were able to focus for longer compared to those who didn't. Further research has shown that the activity increases blood flow to the brain.



Choc shock

While having too many sugary snacks can make your energy levels slump after a while, a bit of good quality dark chocolate won't hurt if you're trying to do mental arithmetic. A Northumbria University study found flavanols in the dark stuff meant calculations weren't as

taxing – and that those in the trial were less likely to feel tired or mentally drained.

Clocking on

We all know a good night's sleep will help you stay energized the next day, but experts at Harvard University in the US say it is just as important to keep a regular bedtime. Changing the time you head for a kip could be as damaging as jet lag from a flight.

Pet power

Putting a picture of your dog or cat close by could improve your concentration by five per cent, a Japanese study found. If they are puppies or kittens that figure goes up to 10 per cent. Scientists think the positive emotions of seeing the snaps sparks us into action



Do some exercise during your break. One study found that walking for half an hour at lunchtime improves enthusiasm and relaxation.

Researchers have also found that a five-minute walk every hour reduces food cravings.

Washed up

If you're feeling tired, caffeine can help but, according to a study reported in the journal Clinical Neurophysiology, the combination of washing your face and drinking a coffee could help boost how alert the coffee makes you feel.

Feel fruity

Ditch that packet of crisps and take some kiwi fruit to work instead. Eating two of them can improve mood and energy, a study by the University of Otago in New Zealand shows. It's thought the vitamin C

Make a note

Your parents may have spent years telling you music prevents you from concentrating properly, but if you're allowed to listen to music while at work then sticking on some pop music is actually fine. Research by Mindlab International found 58 per cent of people were faster at data entry when listening to pop music. Meanwhile, listening to classical tunes can help memory recall, according to a US study.

Draw conclusions

Struggling to complete tasks without distraction? Doodling at work could be the answer if you want to stay focused. Scientists at Plymouth University found that it helps you concentrate on information. One example of this was doodlers could recall names and places 29 per cent better than people who were not doodling.

Go green

Load up your plate with some leafy greens. Research published in the journal Neurology indicates that people who ate two portions of the stuff daily were typically able to focus on tasks as well as people five years younger than them.

Scroll down

Hide your phone. Using social media during working hours is a serious distraction and can reduce work performance and concentration, according to research by the University of Bergen in Norway. Stick the phone in a drawer so it's out of sight, out of mind.

Being yourself Two-thirds of workers say that showing their emotions at work - whether by crying or having a laugh – makes them more productive, according to a survey carried out by LinkedIn.



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Retail therapies

By AMY PACKER



■ Research by Gousto revealed that half of people want to make sustainable changes at mealtimes, so it has launched its Carbon-Cutting Cuisine range, a selection of delicious, planet-friendly plates such as healthy fakeaway vegan Cheezeburgers and 10-minute fish curry (from £3.14 per serving; gousto.co.uk) with options championing seasonal veg, meat swaps and dairy alternatives.



■ In collaboration with Smalls Merino, Woolroom has launched a sustainable. 100 per cent merino wool sleepwear range. Made using very fine yarn to ensure it is skin and eczema friendly, the pyjamas and night dresses have heat regulating benefits and transport moisture away from the body, keeping you cool and dry. From £30 in sizes 6-20 (thewoolroom.com)

■ Hair often loses its volume as you age, which can impact confidence. Charles Worthington's GrowStrong (from £5.99; Boots) shampoo, conditioner and serum help keep the lengths you do have in peak condition by reducing breakage by up to 90 per cent using a blend of pea sprout extract and proteins for scalp health.

Research published in the BMJ Nutrition Prevention and Health



journal last month revealed that a small (57g) daily portion of Jarlsberg Original (£2.60; Sainsbury's) may help stave off bone thinning without boosting harmful low-density cholesterol. The findings suggest the effects are specific to this type of cheese. Jarlsberg is delicious in sarnies or grated into frittatas and gratins.

How video games helped me learn to walk again

Ruby Flanagan lost her leg in a supermarket car park crash last summer. She tells

Dawn Collinson how pioneering virtual reality therapy is retraining her brain to adapt to her new prosthetic limb

s the mum of a new baby, Ruby Flanagan had very little interest in video gaming a year ago. The nurse who lives on the Wirral hadn't played games since she was a teenager and had no intention of taking them up again any time soon.

"I definitely wasn't a keen gamer, I wasn't into that at all," she says. "I remember playing against my little brother on things like Mario Kart when we were young and having a go on dance mats, but that was it."

All that changed after a family shopping trip in August last year when Ruby was hit by a car as she carried her newborn son Leon across a supermarket car park.

She managed to throw Leon to safety, but her own injuries were so severe that her right leg had to be amputated, her left needed extensive reconstruction and her pelvis was shattered.

The 25 year old spent three months in Aintree Hospital and underwent 11 operations before being

transferred to STEPS rehabilitation centre in Sheffield.

It's here that, for the past six months, Ruby has been unexpectedly gaming again.

As part of the treatment to give her back her independence and help her adapt to the prosthetic leg she now wears, Ruby has been having weekly MindPod sessions.

The neuro-animation therapy, based on computer game technology, has been

designed to help patients recover their motor skills and cognitive function. In Ruby's case, it improves her core strength, balance and coordination.

Motion sensors allow her to control Bandit, an animated dolphin, in



movements which she can then apply to everyday life.

Chasing fish up high in the sea translates to reaching for a wall cupboard in the kitchen, down low

replicates bending to pick up one of Leon's

toys.
"You stand in front of the screen, it tracks every move you make and the dolphin responds to that," explains Ruby.

My goal at first was just to stand and do it for at least 10 minutes. then 15, then 30 and eventually for a full hour-long session. It doesn't feel like any other kind of therapy, it's such a relaxed vibe and there's something

 $really \, soothing \, about \, dolphins. \, You're \,$ thinking about the game but then before you know it you've done a workout on your arms and you've been standing for an hour.

You can complete over 100

different levels and each allows you to do more, so it's like a platform game where you keep progressing. You think, 'next week I'll see if I can try the next level' so you've always got something to aim towards.

When Ruby arrived by ambulance at STEPS in November, she was in a wheelchair after her amputation, only able to stand for around a minute. Since then, alongside MindPod, she's had treatment including hydrotherapy,

THERAPY

Dolphin |

game aids

massage, acupuncture and physiotherapy.
MindPod, she says,

has played a big part in helping her adjust to life with her new

prosthetic leg.
"I honestly thought I would be able to balance straight away once I had the prosthetic," she says. "I thought I'd just get up and start walking again, but it took a lot of energy and time to get me where I am. It's exactly like when you

IS MINDPOD? MindPod neuro-animation therapy was created by Swiss firm MindMaze and is based on technology developed at the Johns Hopkins University School in

WHAT EXACTLY

Baltimore, USA. A dolphin was specifically chosen for its intelligence, playfulness and expressive movements. STEPS in Sheffield is one of two rehabilitation centres in the UK to offer

MindPod, the other is the Royal

Buckinghamshire Hospital. Designed to improve motion skills, cardiovascular capacity and cognitive responses, it's used most with patients recovering from a stroke or brain injury, spinal cord damage and amputation.

Ruby's senior occupational therapist, Lucy Greensmith, explains: "The whole MindPod room is an underwater scene so it's very immersive and the ethos is all about healing - the dolphin catches fish to help the healing process.

"As levels progress you can get it to do things like jump out of the water and perform flips in the air.

"There are different backdrops and even the music and dolphin noises are very calming.

"MindPod mimics the actions of everyday life but in a very free-flowing way. Fish are swimming in all directions and you're having to reach out, and upwards and downwards, so it replicates all those things Ruby is needing to do when she's at home with the baby."

first learn to ride a bike, finding the point of balance. With MindPod, it's been about getting me used to shifting my body weight from left to right.

"I was a bit like Bambi at first and Leon started to walk around the same time, so I'd be watching him and doing the same thing!"

Ruby says being able to play with Leon, whos 18 months old, has been a major focus throughout her recovery. "Every time I've had something I've

wanted to do independently, like bathing him or his bedtime routine. he's been included in sessions so I can work towards those. I just push myself to do as much as I can.

"Therapy has given me back so much quality of life. Now I'm looking forward to taking him back to baby groups, and meeting up with my friends and their children.



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How to ensure you buy Genuine Manuka

BEFORE reaching for that jar of Manuka honey on the supermarket shelf, here are five top tips to help you spot a cheap diluted or blended fake!

1. Manuka Honey can only come from New Zealand.

New Zealand is the only country to have formalised the scientific definition of Manuka honey. This strict scientific standard is called the MPI Standard and is stamped onto the lid of every jar of Manuka Doctor honey. Australian Manuka honey exists, but it doesn't meet the scientific standard set by New Zealand. Many countries or retailers do not accept it as genuine Manuka.

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2. Manuka has higher levels of MGO (Methylglyoxal) than other types of honey.

MGO is a naturally occurring compound in Manuka. The number on the front of the pot refers to the level of MGO. With higher grades costing more due to their rarity and purity.

3. MGO is tested in labs.

MGO should be tested using independent lab tests. You can see the test certificate for any Manuka Doctor honey simply by typing the pot's batch code into our website. Not every Manuka brand allows you this level of trust and transparency.

DR HILARY JONES SAYS: "This is the brand of Manuka Honey that I trust."

DR HILARY JONES, GP, Health Professional and TV Personality, recommends the Manuka Doctor brand

4. Genuine Manuka honey is expensive for a reason...

Like all natural products, Manuka honey cannot be manufactured, only harvested from a crop. This means there is a finite amount of Manuka produced annually for sale around the world. Therefore, the Manuka honey price is higher than ordinary table honey, which can be manufactured anywhere in the world. Genuine Manuka undergoes rigorous scientific

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tests to prove its authenticity. All Manuka Doctor honey is tested in this way using independent labs before being packed in New Zealand and exported to the UK.

5. Other Manuka honeys may not be all they seem.

The legal requirements for Manuka are sadly only the law in New Zealand. Anyone could export large drums of honey from New Zealand, dilute it and blend it, then re-pack it in a country where the testing and purity laws are different. Always check where the honey was harvested, where it was packed, and look for the testing certificates for that specific batch.

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How to motivate yourself to exercise more

A few weeks ago I wrote about how to start exercising at home so I thought I'd follow it up with some tips on how to keep going.

- If you started the latest workout trend only to find you hate it, then switch to another routine. Find an exercise that you love doing and look forward to it. Discover something you're good at and see if vou can push vourself even further.
- A lot of us make the mistake of setting unrealistic goals. You want to be as fast or as strong as the trainer you follow on YouTube within a few weeks. Most of them are ex-professional athletes so they'll have years on you. Set smaller milestones that are easier to achieve.
- Keep looking back. You'll be amazed how far you have come. Seeing what you have already achieved will give you the push to keep going.
- Find a workout buddy. Exercising with a friend is much more enjoyable and you can motivate each other.

Cranberries boost your brain and cut cholesterol

delicious sauce to go with your turkey at Christmas, they've been on the healthy food list for some time. A few years ago they were touted as a cure for cystitis until research proved they weren't quite.

Now scientists at the University of East Anglia in collaboration with researchers from Leiden, Parma and the Quadram Institute, Norwich, are claiming you can improve your memory and lower bad cholesterol by adding them to your diet.

Apparently consuming the equivalent of a cup of cranberries every day is "neuroprotective" for 50 to 80-year-olds. So could they even protect against neurodegenerative diseases such as dementia?

Lead researcher Dr David Vauzour, from UEA's Norwich Medical School, said: "Dementia is expected to affect around 152 million people by 2050.

"There is no known cure, so it is crucial we seek modifiable lifestyle interventions, such as diet, that could help lessen disease risk and burden. We wanted to find out more about how cranberries could help reduce age-related neurodegeneration."

We know foods rich in anthocyanins



have been found to slow rates of cognitive decline and dementia.

The research team investigated the impact of eating cranberries for 12 weeks on brain function and cholesterol among 60 cognitively healthy participants, half consuming

and proanthocyanidins, which give freeze-dried cranberry powder, equivberries their red, blue or purple colour, alent to a cup or 100g of fresh cranberries daily and the other half a placebo.

The results show that cranberries significantly improves memory of everyday events, neural functioning and blood supply to the brain.

Dr Vauzour said: "We found that the participants who consumed the

improved episodic memory performance in combination with improved circulation of essential nutrients, such as oxygen and glucose, to important parts of the brain that support cognition - specifically memory consolidation and retrieval.

"The cranberry group also exhibited a significant decrease in LDL or 'bad' cholesterol levels, known to contribute to thickening or hardening of the arteries caused by a build-up of plaque."

This supports the idea that cranberries can improve vascular health and may in part contribute to the improvement in brain cognition.

Dr Vazour added: "The findings of this study are very encouraging, especially considering that a relatively short

12-week cranberry intervention was able to produce significant improvements in neural function."

While the study is one of the first to examine the long-term impact on cognition and brain health of cranberries, other purple fruits like blackberries and blueberries (and beetroot) would be good additions to your diet.

HEALTH NEWS Legal smoking age 'should rise every year'

Here's a way to get smoke free. We should increase the minimum age for buying tobacco products, currently at 18, by one year annually to slowly phase out smoking. The Making Smoking Obsolete review also called for the Government to urgently invest £125million a year in a comprehensive programme to fund easily accessible, high-quality support to help smokers quit.

What's this lump



Symptoms

You have a swelling underneath your lower jaw in the floor of your mouth, it's very painful when you eat food.

You have a sore

fever, the sides of your

neck are sore to the

broad bean.

the skin.

touch, down the sides

of your neck there are

the back of your

hairline which has been

neck just under the

aetting bigger. It's

painless and you can

lumps about the size of a

You have a lump at

throat, cough and

It could be

An infection of one of your salivary glands, two of which lie below the tongue. You may have a tiny salivary stone blocking the exit from the gland into vour mouth.

Enlarged lymph nodes caused by your throat infection. These lymph nodes work overtime to prevent a throat (or ear) infection from descending into the chest.

A sebaceous cyst, which is a swelling caused by blockage of a sebaceous (grease) gland attached to one of the hairs growing at the back move it about underneath of vour neck.

Stop it

See your doctor who may refer you to a specialist for X-rays of the salivary gland and removal of the stone or antibiotics for the infection.

The glands usually shrink in size when your throat infection passes. Sometimes they remain for months or years and you'll feel them underneath the skin.

A sebaceous cyst is harmless though unsightly. See your doctor who can arrange removal simply and painlessly as an outpatient.

..eat popcorn

Popcorn is the dieter's best friend as it is filling and low in calories.

It's a wholegrain so it's high in fibre, contains protein, vitamins and minerals, is low in fat and sugar and there's no cholesterol either.

Air-popped popcorn without oil is the healthiest. You can air-pop popcorn by heating the kernels in a popcorn maker or in a pan with a lid on.

Most people would eat popcorn at the cinema with toppings or flavourings but these extras add fat, sugar and calories.

Microwaved popcorn may also contain additives and is usually very salty. Watch out for brands with a lot of sugar.



WHAT'S THIS PROCEDURE? Nuclear medicine imaging

By inhaling, swallowing or having them injected into the bloodstream. small amounts of radioactive materials called radiotracers will create pictures of internal organs.

The radiotracer travels through the area being examined, giving off energy that's detected by a special camera, then a computer creates images of the inside of your body.

Nuclear imaging helps diagnose, evaluate or treat cancers, heart disease and gastrointestinal. endocrine and neurological disorders. They have the potential to identify disease very early because nuclear medicine pictures can pinpoint activity within cells.

They can also track whether a patient is responding to treatment.



The Queen Elizabeth II Memorial Bear by Steiff

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- Queen Elizabeth II

Por over seventy years, Elizabeth II served as Queen of the United Kingdom and Head of the Commonwealth. With her steadfast strength and commitment to duty, she was loved and respected across the globe. Now, we must bid farewell to the longest-ever serving monarch in history.

It is a time-honoured tradition for Steiff, the inventors of the teddy bear, to mark major world events with the creation of a special hand-crafted mohair bear. Today, they pay homage to the remarkable life and legacy of Elizabeth II with an historic <u>limited-edition</u> treasure. *The Queen Elizabeth II Memorial*

Bear will be produced exclusively for Danbury Mint and in a strict limited edition. Only 25,000 can ever be made worldwide – a tiny edition limit for such a poignant commemorative. Demand is likely to exceed availability, so please act now to reserve your tribute to our beloved Queen.

A moving tribute

She is crafted from sustainably sourced jet-black mohair — the traditional colour for mourning. Her boot-button eyes have been outlined in regal purple felt and contrasting grey felt paw pads are delicately embroidered in matching purple thread with the years '1926' and '2022'. She's finished with a simple purple armband embroidered with the Queen's royal cypher — EIIR — and a specially commissioned cameo pendant is suspended from her luxurious, purple satin bow.

The Queen Elizabeth II Memorial Bear by Steiff can be yours for five interest-free monthly instalments of £49.80 (plus £1.96 postage and handling per instalment), a total price of £249 (plus £9.80 p&h). This magnificent bear is currently only available by advance reservation. What's more, your purchase is covered by Danbury Mint's 90-Day 100% satisfaction guarantee. To secure the lowest available number from this strict limited-edition, act now. Order online at www.queenmemorialbear.co.uk or call 0344 274 3925. Alternatively, return your order form today, to Danbury Mint, Davis Road, Chessington KT9 1SE.



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OFFER CODE: R14564

It all got a bid Midsomer Murders when we went to Longparish village fete for Grandpa's birthday at the weekend.

mirror.co.uk

There was a very sombre two-minute silence held for Her Majesty, and then the Andover brass band piped nostalgic tunes for the visitors who'd turned up in their hundreds in their cars.

The local parish council chap running the busy car-parking had been given a hi-viz jacket and was wielding his clipboard with all the flair of a tin-pot dictator.

The scout hut was doing a roaring trade in tombola tickets to win items that didn't get sold in the bric-or-brac, and a queue of crying children waiting for face painting snaked around the corner.

I did ask The Dark Lord if she wanted to be turned into a butterfly, which is what she used to demand from overworked face painters at kiddle festivals. She grunted: "Thanks but I've transformed into a big scary moth now."

Sadly we missed the dog show, but judging by the number of bad-tempered hounds being held back from ripping each other's ears off by their owners, it all got a bit dog-eat-dog in the show ring.

We spotted one winner, a tiny playful thing about the size of a gerbil with red painted ears and tail. I grumbled that I didn't think that sort of extreme grooming should be allowed, but The Dark Lord suggested we spray Boris with a black pentangle.

"It's not that sort of Wicker Man village." I told her.

She disagreed. "Oh come on - look around. Who do you think will be found dead in a vat of warm beer or pecked to death by the falconry display?"

The loud noise of the annoying commentator making dad jokes was beginning to grate.

"Well I hope it's him, or he's going to be found decapitated by his loud hailer," I said with a grimace.

Granny was also looking pained - she's not keen on crowds or tied-up falcons, but she did find a book stall to rummage through.

It's quite certain that Granny can't remember every book in her extensive library of detective novels, so she's probably now buying them all for a second time around.

Meanwhile, I went to help Aunty Emm in the queue for the barbecue, which was a bit tricky as we both had to manage a stack of cheeseburgers and hotdogs for everybody while trying to hold on to the pooches.

Emm's lurcher-type Teddy was trying to wee on the haystacks people were sitting on, while Boz was going mad for all the fried burger onions that had been dropped on the grass.

"Phooey! I don't want to be downwind of Boz later," I said, desperately trying to reel him in on his retractable lead.

Dogs are obviously not supposed to eat onions, but we only noticed Boris had dug up some old forgotten shallots in the garden a few weeks ago when the offensive stink that emanated from the pug's rear-end practically forced us to evacuate the street.

"Maybe that's how our Midsomer fete victim meets his grisly end?" suggested The Dark Lord, through a mouthful of burger. "Suffocated in his car by the onion smuggler's bottom fumes."

"Now that really would be a fete worse than death," I said to a chorus of groans.

■ Email me at siobhan.mcnally@mirror.co.uk or write to Community Corner, PO Box 791, Winchester SO23 3RP.

Please note, if you send us photos of your grandchildren, we'll also need permission of one of their parents to print them... Thanks!

Yours, Siobhan



Ye Olde Community Corner



when he died in 2000, it was just held together with sawdust and elastic bands.

Keen baker Suzanne Bool in Bristol writes: "I've had this Philips cake mixer since I was 21 and I am now 69 years old and still making cakes with it." The 48-year-old mixer has been knocking up almond chocolate muffins every week for a very lucky Mr Bool.

Suzanne says: "Mind you, I wouldn't mind a more modern one. I will have to get in touch with Philips!"

■ Do you own a vintage object that's in working order? Tell us at siobhan.mcnally@mirror.co.uk



I was in a Southampton

being steered into the

Dark Lord who's been

telly at home.

his work bench.

department store getting

curtain rings and found myself

electrical department by The

mounting a major campaign for

us to get a football pitch-sized

Ignoring her, I noticed the

1970s Roberts Radios and I felt

updated version of the old

a wave of nostalgia. My dad

used to listen to his ancient

leather and wood Rambler on

He must have been listening

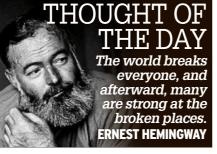
to the shipping forecast on that

radio for my entire life, and

You couldn't fail to be moved by the outpouring of grief across the nation, as the public showed their deep admiration for Her Majesty on her final journey.

"I spotted this sweet knitted Paddington with his hanky on our local post office pillar box," says Rae Radford, who lives in Minster, Ramsgate, Kent.

What has your local area done to honour the passing of our late Queen? Send your photos to siobhan.mcnallv@mirror.co.uk







"Our two-year-old border collie. Mannie. has such a gentle temperament, a fantastic sense of humour and an ability to make anyone smile, even on the darkest of days," says Jordan McCallum, who lives in Burntwood, Staffordshire.

'We are very lucky to have a dog who loves kids as we are foster carers. Maggie is very protective of them and loves sharing her toys. Our home just wouldn't be the same without our Margaret."

■ Is your pet a star? Email a photo to siobhan.mcnally@mirror.co.uk

Share your tips, pictures and hobbies, tell us the quote you live by, or nominate your hero of the day. Whatever is happening in your life and whatever you're talking or thinking about, we want to hear it. mail us at siobhan.mcnally@mirror.co.uk, write to Community Corner, PO Box 791, Winchester SO23 3RP, or join the conversation on this Facebook group www.facebook.com/groups/coronavirusnewsupdate

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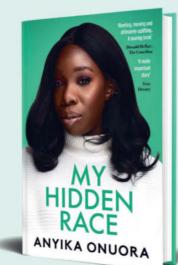
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38 DAILY MIRROR TUESDAY 13,09,2022

I love him but his cross-dressing

Dear Coleen

I'm a 34-year-old woman and I'm married with a fiveyear-old son. I've been with my husband for eight years and we used to have a really fun, sexy relationship.

However, the physical side of things has become a problem for me and I'm running out of excuses not to have sex.

As long as I've known him, he's dabbled in a bit of crossdressing - he likes to wear lipstick, lingerie and heels sometimes at home, but doesn't go out in public dressed as a woman.

In our 20s I used to find it quite a turn-on and a bit edgy - he's good looking and sexy – but as we've got older and now we have a son, it just doesn't feel the same and is actually a turn-off.

He's asked me if his crossdressing is the reason we don't have sex any more, and I lied and said no, explaining I was tired and stressed, and just not in the right headspace.

I do love him and he's a really good dad and partner, but our sex life is a huge issue and I'm too young to give up on that.

I've always been supportive of his cross-dressing in the past, but I'm struggling with it at the moment and I don't think my feelings will change.

I'd welcome your opinion and any ideas you have on what I

Coleen says

Firstly, and most importantly, don't lie to him. I understand you don't want to hurt him, but Íying won't get you any further down the line.

You have to be honest and tell him what you've told me - there was a time when you liked it, but now it's not doing it for you, in fact it's doing the opposite.

At the moment he doesn't know this, so he's worried and he's trying to work out what's changed and why you don't want to be intimate with him.

Look, it's OK to change. Our views, attitudes, likes and dislikes can change as we move through life, so things that were fun once aren't fun any more.

The fact you still love him and he's a great dad is a great foundation and worth holding on to, but you need a chat about

how you can make the relationship work for both of you. Is there a compromise where he doesn't cross-dress when you're around or it doesn't play a part in your sex life? What

does he see as the options?

Our sex life is

a big issue and

I don't want

to give it up

You can't keep avoiding the conversation because vou'll both become increasingly annoved and resentful, which could take you down a road you can't come back from.

Don't compare and despair! Comparing yourself to others is pointless. Absolutely no one has it all figured out, even if it looks that way from the outside. Focus on doing your best with what you have and appreciate all the good things in vour life.

VID: Tell Coleen Nolan about them and she'll give you an honest answer... every weekday in the Daily Mirror

EMAIL: dearcoleen@mirror.co.uk - sorry, but Coleen can't reply personally WRITE TO: Coleen Nolan, The Daily Mirror, One Canada Square, London E14 5AP

dearcoleen@mirror.co.uk DEAR COLE

DAY'S T



with EMMA PRYER



ITV, 8.05pm

Still stunned after the Jamie bombshell. the police show Kim definitive proof that he really is alive. Meanwhile, a confused Millie reacts badly when she overhears Kim talking about her dad. She runs away,

A guilty MacKenzie starts out in pieces over his affair. He plans to tell Charity the truth but, as she gets suggestive and he follows her upstairs, it looks as if he's not going to confess after all.

leaving Kim in a tailspin.



EASTENDERS

Wedding plans spiral out of control as Alfie tries every trick in the book to make Kat rethink her big day with Phil.

Phil's seeing red, so after Kat calms him down, she reels to Stacey about her predicament. Then Alfie calls her about the twins and she's forced to go and fetch them, making them late for the wedding.

Whether she makes it as far as "I do" is anyone's guess...

Even Mo is taking bets at the church on whether the wedding will actually happen or not.



More TV and film news online at mirror.co.uk/tv



THE GREAT BRITISH BAKE OFF

WHO cares if the weather's dreary and summer's over - we can all languish in sunny Bake Off world instead.

Awesome foursome Prue Leith, Paul Hollywood, Matt Lucas and Noel Fielding are back for a

Over the next 10 weeks, 12 excitable new, apron-wearing bakers will whisk and whip their

way through 30 technical challenges – all in a bid to win TV's most coveted baking accolade.

But before we meet them there's a witty pre-series skit, introducing Noel Fielding as Princess Layer Cake, Luke Piewalker, Prue Bacca and DarfBaker.

Yes, yes, we know you're a funny bunch.

The latest lot include kilt-loving, nuclear scientist, James, and a supermarket worker, known by pals as "compost Carole" because she

likes gardening. Before their first signature challenge is unveiled, Malaysian-born Syabira shares her series strategy: "Bake it until you make it."

The newcomers are tasked with making a batch of identical mini-sandwich cakes.

"I've got my big guns here," says Polish Janusz, spraying (drowning) his sponge with cherry liquor. Getting the judges drunk are we?

Others are already feeling the heat. Dad Will's buttercream has split - twice. Youngest baker Maisam, who is originally from Libya, has a crumbling sponge she hopes she can cover up with some curdled buttercream.

By the end of the technical

challenge - making red velvet cakes – you'll already be putting bets on the series frontrunners versus the series flops.

But with their showstopper task to build a memorable family home out of cake - who knows which bake will stack up as best.



FAKE OR FORTUNE?

For 30 years, art history lecturer lan Macdonald made it his mission to discover the origins of an oil painting of Christ hanging in a church in Port Glasgow. Could it be, he wondered, a lost masterpiece by one of the greatest painters of Northern Renaissance art?

When lan sadly died last year, having reached out to Fake or Fortune for help, the artist's name was still a mystery.

Now his widow Marjorie is hoping for answers. Can Fiona Bruce, expert Philip Mould - whose knowledge is staggering - and their team from the art documentary show solve this ecclesiastical whodunnit?

This last-of-the-series investigation is, says posh Phil, among its toughest to date.

lan had whittled his search down to seven possible artists.

With the help of experts who use science to date the age of the wood panel, they can confidently say it was painted after 1574, ruling out at least one of the art suspects.

It's hard not to become invested in the case as the team delves deeper to untangle the mystery.

Michael Portillo has become a bit reflective as he approaches his 70th birthday next May, so he's effectively taken a 'find yourself' gap year.

It's not quite eat, pray, love, but the former cabinet minister and broadcaster has embarked on a journey of self-discovery, walking stretches of the Pyrenees between Spain and France.

On his final leg, he's back in Spain for a deeply personal end to the tour. In 1939, Michael's father Luis Gabriel

Portillo Perez fled through these mountains as a political refugee from the Spanish Civil War.

At the tiny village of La Vajol, where many refugees headed to cross the border into France, Michael meets Margaret, some of whose family escaped through here.

Together, they walk part of the route many refugees took and share their families' stories.

Reflecting on what his father must have gone through, Michael says: "I hope he might think that my coming here is a tribute to him and to his sufferina.



programmes are listed in British Summer Time (BST).

film ratings

Brilliant Very Good Good ★★ Average

(R) Repeat

Bad

BBC ONE

6.00am Breakfast A round-up of national and international news, plus current affairs reports, arts and entertainment, and weather.

10.00 BBC News Special

11.15 HM The King In Northern Ireland King Charles III and Queen Consort Camilla arrive in Belfast. Before travelling to Hillsborough Castle in Co Down, the royal residence in Northern Ireland, for several engagements. Before leaving Charles and Camilla will then travel to St Anne's Cathedral in Belfast where they will attend a service of reflection

for the life of the Queen. 4.00pm BBC News The day's events plus national and international news headlines.

4.30 HM The Queen: The Journey To London Her Majesty The Queen's coffin makes its way to London.

6.05 BBC News at Six; Weather 6.25 Regional News; Weather

6.45 The Eve Of The Procession To Lying-In-State

BBC TWO

6.05am A to Z of TV Gardening (R) 6.50 Sign Zone: Nature's Weirdest Events (R)

7.20 Antiques Road Trip (R)

8.05 Coast (R)

9.05 Lifeline Sick Children's Trust.

9.15 Animal Park Summer (R)

10.00 The Farmers' Country Showdown (R

10.30 Wanted Down Under (R)

11.15 Homes Under the Hammer Property auctions. (R)

12.15pm Bargain Hunt (R) 1.00 BBC News

1.45 Doctors Sid is surprised to get a visit from an old flame.

2.15 Money for Nothing (R)

3.00 Escape to the Country

3.45 The Bidding Room (R)

4.30 Antiques Road Trip Raj Bisram and Irita Marriott search Northamptonshire

5.15 Flog It! Manchester's Museum of Science and Industry. (R)

5.30 LIVE Women's T20 Cricket England v India. Coverage of the second match of the series at Derby's County Ground.

6.00am Good Morning Britain Morning magazine featuring a lively mix of news and current affairs, plus health, entertainment and lifestyle features.

9.00 Lorraine Entertainment, current affairs and fashion news, as well as showbiz stories and celebrity gossip Presented by Lorraine Kelly

DM1ST

10.00 This Morning Daily magazine, featuring a mix of celebrity chat, showbusiness news, lifestyle features, topical discussion, health and beauty advice and more.
Including Local Weather.

12.00noon ITV News: The King's Tour - Northern Ireland

Coverage as King Charles III carries out engagements at Hillsborough Castle in County Down.

1.30 ITV News; Weather 4.00 ITV News: Queen Elizabeth

II - Return to the Palace Special documentary programme covering the Queen's final journey to London.

CHANNEL 4

6.10am Countdown (R) 6.50 3rd Rock from the Sun Double bill of the sitcom. (R)

7.40 Everybody Loves Raymond Triple bill of the comedy. (R)

9.00 Frasier Triple bill. (R)

10.30 Four in a Bed (R)

11.00 The Great House Giveaway A delivery driver and company owner transform a family home in Middlesbrough. (R)

12.00noon Channel 4 News 12.30 Steph's Packed Lunch

2.10 Countdown Rick Edwards is in Dictionary Corner.

3.00 A Place in the Sun Jasmine Harman helps a retired couple with 15 grandchildren to find a new home on Lanzarote. (R)

4.00 Chateau DIY Lee installs beams for the upper floor in the new two-bed gîte at Château Mareuil.

5.00 Moneybags Craig Charles hosts the quiz show.

6.00 The Simpsons Bart is placed on medication. (R)

6.30 Hollyoaks Warren is heartbroken when he finds out that his son ran him over. (R)

CHANNEL 5

6.00am Milkshake! Children's TV. 9.15 Jeremy Vine Discussion.

12.45pm Holiday Homes in the **Sun** Amanda Lamb, JB Gill and Sam Pinkham are in and around Bergerac in southwestern France.

1.40 5 News at Lunchtime

1.45 Home and Away Felicity hurls abuse at the police keeping her imprisoned.

2.15 FILM A Midsummer's Hawaiian Dream (2016, PG) Two couples go in search of an ancient relic in Hawaii, only to fall under a shaman's love spell. Romantic fantasy comedy, starring Amy Carlson and Charles Shaughnessy. **

4.00 Bargain-Loving Brits in the Sun An 82-year-old originally from Wales, who is now a bargain-loving Brit living in Mijas on the Costa del Sol. (R)

5.00 5 News at 5

6.00 Cash in the Attic Jules Hudson and expert appraiser Jessica Wall are in Cornwall, treasure-hunting with Carolyn and Alastair; 5 News Update

WORTH THIS SEPTEMBER TO ENTER THE PRIZE DRAW. ENTER NOW AT WHEN THE POPULATION STOPS STOPS

7.00 The Eve Of The Procession To Lying-In-State Continued live coverage from London.

9.00 The One Show Another mix

live studio-based chat.

9.30 EastEnders Kat is less than

trying to help Frankie.

10.00 BBC News at Ten Breaking

10.30 Regional News; Weather

and weather reports

Rolling news headlines

11.10pm-6.00am BBC News

and topical reports.

of nationwide reports and

pleased to see ex-husband

marry Phil. Billy panics when he learns what Freddie has

done and Mick feels helpless

news and analysis from across the UK and around the world.

The latest local news, sport

Alfie, who begs her not to

7.00 Celebrity Antiques Road Trip Red Dwarf co-stars

Craig Charles and Robert Llewellyn travel around the West Midlands in search of antiques, assisted by experts Izzie Balmer and Tim Medhurst. (R)

8.00 Fake or Fortune? In the final episode of the series Fiona Bruce and Philip Mould investigate he origins of a 17th-century painting of Christ having just been brought down from the cross, currently hanging in a Port Glasgow church

9.00 All That Glitters: Britain's **Next Jewellery Star Six**

jewellers are tasked to make a pearl chain necklace and a bespoke charm bracelet, but who will continue their jewellery making journey, and who will be sent home? (R)

10.00 Mortimer & Whitehouse: Gone Fishing Paul Whitehouse and Bob Mortimer head to the River Exe in

Devon, where they fish for

summer grilse. (R) 10.30 Newsnight Analysis of the day's events, with Kirsty Wark.

11.15 Martin Compston's Scottish Fling The actor travels across his homeland with his friend Phil MacHugh. (R)

11.45 Inside the Factory XL:

Diggers Gregg Wallace and Cherry Healey visit a factory that makes iconic diggers. (R)

12.45am Sign Zone: Picturing Elizabeth: Her Life in Images. How Queen Elizabeth II became the most visually represented person in history. (R) **1.45** Sign Zone: The Hotel People. The Slieve Donard has its most important wedding of the season. (R) **2.45-6.30am** This Is BBC Two

6.10 Regional News; Weather Headlines affecting the local area.

6.20 ITV Evening News; Weather A round-up of the day's news headlines and talking points from the UK and around the world.

8.05 Emmerdale The police show Kim definitive proof that Jamie is alive. and after overhearing Kim talk about her dad, a confused and upset Millie runs away. Mackenzie beats himself up over his affair and he plans on telling Charity the truth.

9.05 Charles, The Monarch and the Man Documentary on King Charles III, the former Prince of Wales who took over as monarch following the death of his mother, Queen Elizabeth II, on Thursday.

10.00 ITV News at Ten; Weather A fresh perspective on the major stories of the day, featuring

national and international news, with reports and analysis from ITV's correspondents.

10.45 Regional News; Weather The latest local news

11.00 Our Queen: The People's Stories Special documentary programme that curates a collection of personal stories about Queen Elizabeth II from her 70 year

reign from members of the

public and those who met her

12.00m't Home Shopping 3.00 Take the Tower. Dolph Lundgren challenges team captain Kirsty, along with her daughter Lana and nephews Ronnie and Michael, to a series of games inspired by classic action movies. (R) **3.45** Unwind with ITV **5.10-6.00am** Ainsley's Mediterranean Cookbook (R) 7.00 Channel 4 News A round-up of the latest headlines in-depth interviews and analysis of political developments and current affairs. Plus, the day's leading sports stories and up-to-the-

. minute weather reports

8.00 NEW The Great British Bake Off Noel Fielding and Matt Lucas welcome 12 new contestants into the tent, baking mini cakes and two sponges, including one in the shape of a house close to their hearts.

9.30 First Dates Hotel Twins Bethany and Shannon arrive at the Italian hotel, both on the lookout for love. Will either of their dates. Phil and Aaron. win over their respective sister? Meanwhile, Annie is paired with Rachel

10.30 Rosie Jones' Trip Hazard

Comedian Rosie takes rapper Lady Leshurr to Northampton, where she has arranged for them to abseil down a 418ft tower. The only problem is, Leshurr is afraid of heights.

11.35 Gogglebox The armchair critics share their opinions on what they have been watching during the week, with cameras capturing their reactions and the lively discussions that are prompted by the week's biggest and best shows. (R)

12.35am 24 Hours in A&E (R) **1.30** The Simpsons: double bill (R) 2.20 FILM The Dressmaker (2015, 12) Drama based on the novel by Rosalie Ham, starring Kate Winslet and Judy Davis. *** 4.15 Perfect House, Secret Location (R) **5.15-6.10am** The Great Home Transformation (R) 7.00 Dogs Behaving (Very) Badly Graeme Hall treats a

> ridgeback-boxer cross that has become aggressive towards other dogs after being attacked, and helps a cancer patient with a badly behaved golden retriever (R); 5 News

8.00 The Yorkshire Vet Peter Wright rushes to help a pregnant cow that is expecting twins, and farmer Will is worried that neither calf will survive. Julian Norton meets a champion ferret that has an infected foot; 5 News Update

9.00 The Pyrenees with Michael Portillo The broadcaster and former politician retraces the route through the Catalonian Pyrenees his father used to flee in 1939 as a political refugee from the Spanish Civil War. Last in series

10.00 The Great Smog: Winter of'52 Exploring the fear that

paralysed London as the disaster entered day three, focusing on the public not understanding what was happening and the government's lack of action.

11.00 FILM An Officer and a Gentleman (1982, 15) A Navy recruit has an uneasy romance with a factory worker and is pushed to his limits by a tough sergeant. Romantic drama, starring Richard Gere and Debra Winger. ★★★

1.20am Casualty 24/7: Every Second Counts. The casualty department is at a standstill. (R) **2.10** A&E After Dark (R) **3.00** Entertainment News on 5 **3.05** Britain's Favourite Chocolate (R) **4.45** Amazing Cakes & Bakes (R) **5.30** Peppa Pig (R) **5.35** Paw Patrol (R) **5.50-6.00am** Fireman Sam (R)

*All schedules correct at the time of print

- 6.00am World's Funniest Videos 7.00 Love Bites 8.00 Secret Crush 9.00 Veronica Mars 10.00 One Tree Hill 11.00 Hart of Dixie 12.00noon Supermarket Sweep 1.00 Family Fortunes 2.00 The Masked Singer US 3.05 Veronica Mars 4.00 One Tree Hill 5.00 Hart of Dixie
- 6.00 Catchphrase Celebrity Special Tim Healy, Mark Wright and Alexandra Mardell guess the phrases in animated clues.
- 7.00 Secret Crush Junior tells Jade he has had a crush on her for the last 10 years.
- 8.00 Bob's Burgers Double bill. Teddy tries to impress his ex-wife: Tina turns to witchcraft when Tammy steals an idea
- 9.00 Family Guy Animated double bill.
- 10.00 Plebs Comedy double bill. 11.00 Family Guy Peter and Quagmire
- start their own cookery shows 11.30 American Dad! Double bill
- 12.25am Bob's Burgers 1.25 All American 2.20 World's Funniest Videos 2.45-3.00am Unwind with ITV

DAVE

- 7.10am Yianni: Supercar Customiser 8.00 Border Force: America's Gatekeepers **9.00** Storage Hunters UK **10.00** Sin City Motors 11.00 Expedition with Steve Backshall 12.00noon Bangers and Cash 1.00 Border Force: America Gatekeepers **2.00** Top Gear **3.00** Rick Stein's Secret France **4.00** Top Gear 5.00 Rick Stein's Secret France
- 6.00 Taskmaster With Jessica Knappett.
- 7.00 Richard Osman's House of Games 7.40 Room 101 With Jason Manford,
- Paloma Faith and Deborah Meaden 8.20 Would I Lie to You? With Patrick
- Kielty, Bernard Cribbins, Deborah Meaden and Mark Watson.
- 9.00 QI XL With Jimmy Carr and Aisling Bea 10.00 Live at the Apollo Sarah Millican hosts, with Tom Allen and Arj Barker.
- 11.00 Have I Got a Bit More News for You 12.00m't Mock the Week 12.40 QI 1.15 QI XL **2.25** Room 101 **2.55** Would I Lie to You? **3.25-4.00am** Mock the Week

E4

- 6.00am Hollvoaks 7.00 Ramsay's Kitchen Nightmares USA 8.00 Black-ish 9.00 How I Met Your Mother 10.00 The Big Bang Theory **11.00** Young Sheldon **12.00noon** Brooklyn Nine-Nine **1.00** The Big Bang Theory: four episodes **3.00** Young Sheldon **4.00** Married at First Sight UK 5.00 The Big Bang Theory
- 6.00 The Big Bang Theory Double bill 7.00 Hollyoaks Sam confides in Lizzie. 7.30 The Big Bang Theory Sitcom.
- 8.00 Below Deck: Mediterranean The rew tries to stream a football game.
- 9.00 Married at First Sight UK Two grooms arrive alone to the second dinner party.
- 10.00 Celeb Cooking School Kerry, Toby and Laura need to master pastry.
- 11.05 Naked Attraction Singletons from Somerset and Coventry pick partners.
- 12.10am First Dates Hotel 1.15 Married at First Sight UK **2.15** As 10pm **3.10** Below Deck: Mediterranean **4.00** Brooklyn Nine-Nine 4.50-6.00am Baby Daddy

ITVBe

- 7.00am The Real Housewives of Jersey 8.00 Buying and Selling 9.00 LittleBe 12.00noon Best Cake Wins 12.30 The Real Housewives of Beverly Hills **1.20** The Real Housewives of Jersey **2.20** The Only Way Is Essex **3.10** Million Dollar Listing: NYC 4.05 The Real Housewives of Orange County 5.00 The Real Housewives of Potomac 6.00 Masters of Flip
- 7.00 Buying and Selling The duo help a couple improve their home.
- 8.00 Dinner Date Nadia chooses three blind dates from five potential partners
- 9.00 Totally Unbelievable A selection of bust-ups between famous people.
- 10.00 Love Island USA The Islanders get handsy during the couple's challenge.
- 11.00 The Real Housewives of Orange County The ladies head to Aspen. Upon arrival, Noella and Heather go head to head over the primary bedroom
- 12.00m't The Only Way Is Essex 12.45-1.00am Unwind with ITV

DRAMA

- 7.00am 'Allo 'Allo! 7.45 Monarch of the Glen **8.40** The Bill **9.40** Classic Holby City **11.00** Casualty **12.00noon** The Bill **1.00** Classic EastEnders 2.15 Monarch of the Glen **3.20** A Place to Call Home **4.20** All Creatures Great and Small **5.20** Birds of a Feather 6.00 Are You Being Served?
- 6.40 'Allo 'Allo! Von Strohm is captured. 7.20 Last of the Summer Wine Compo tries to find an old girlfriend.
- 8.00 Dalziel & Pascoe The death of a rich entrepreneur brings Dalziel into contact with an old flame. Warren Clarke stars.
- 10.00 New Tricks Sasha is forced to work with her ex-husband Ned Hancock when their teams investigate the mysterious deaths of a film critic and an artist.
- 11.20 Spooks Part two of two. Harry races to prevent Britain being turned into a dictatorship as the conspirators exert their control over the Prime Minister.
- 12.40am Bad Girls 1.50 Les Miserables 3.05-4.00am Birds of a Feather

MORE4

- 8.55am Kirstie's Vintage Gems 9.15 A Place in the Sun **11.05** Find It, Fix It, Flog It 1.10pm Heir Hunters 2.10 Four in a Bed: five episodes **4.50** Find It, Fix It, Flog It 5.55 Car S.O.S. Restoring a Fiat X1/9.
- 6.55 Escape to the Chateau Dick and Angel prepare for Angel's parents 50th wedding anniversary.
- 7.55 The Yorkshire Dales and the Lakes Dales craftsman Pete Roe repairs an industrial relic and rescues a sheep that has plunged into a pothole.
- 9.00 Chernobyl: The New Evidence Part two of two. How far Soviet leaders were willing to go to cover up the disaster.
- 10.00 Japan's Tsunami: Caught on **Camera** Amateur footage and evewitness accounts of the natural disaster
- 11.20 24 Hours in A&E A builder breaks his neck after falling off his shed.
- **12.25am** 999: On the Front Line 1.25 Chernobyl: The New Evidence 2.30-3.35am 24 Hours in A&E

IS & S4C

WALES As BBC1 except: 1.30-4.00pm BBC Wales Today; Weather **6.25-6.45** BBC Wales Today; Weather **10.30** BBC Wales Today **10.40-11.10pm** Ruck Stars. The Scarlets face top side Cardiff and James has a dilemma.

MERIDIAN As ITV except: 6.10-6.20pm ITV ews Meridian. Headlines; Weather 10.50-11.00pm ITV News Meridian: Weather

CENTRAL As ITV except: 6.10-6.20pm |TV|News Central 10.50-11.00pm ITV News Central ITV WALES As ITV except: 6.10-6.20pm |TV 10.50-11.00pm ITV News Cymru Wales

WEST As ITV except: 6.10-6.20pm ITV News West Country; Weather 10.50-11.00pm ITV News West Country. Headlines; We

ANGLIA As ITV except: 6.10-6.20pm ITV News Anglia 10.50-11.00pm ITV News Anglia

WESTCOUNTRY As ITV except: 6.10-6.20pm ws West Country. Headlines; Weather 10.50-11.00pm ITV News West Country

\$4C 6.00am Cvw 12.00noon Newyddion S4C a'r Tywydd **12.05pm** Pysgod i Bawb **12.30**

Heno **1.00** Caeau Cymru **1.30** Cefn Gwlad **2.00** Newyddion S4C a'r Tywydd **2.05** Prynhawn Da **3.00** Newyddion S4C a'r Tywydd **3.05** Yr Anialwch **4.00** Awr Fawr **5.00** Stwnsh **6.00** Dim Byd i'w Wisgo. Double bill. Mari is about to celebrate her 50th birthday and is keen to get the help of Owain Williams and Cadi Matthew to find a dress that will help her stand out; a woman from Anglesey who has nothing to wear for her daughter's wedding. **6.57** Newyddion S4C **7.00** Heno. Magazine. **7.30** Newyddion S4C a'r Tywydd **8.00** Pobol y Cwm. Tesni is ready to tell all at her mother's funeral. **8.25** Rownd a Rownd. Barry's friends and family are struggling with the consequences of his arrest. **8.55** Newyddion S4C a'r Tywydd **9.00** Gwesty Aduniad. Bryan Jones and his wife Ceinwen arrive to find out once and for all who his biological father really is. Ian Thomas is keen to solve a family secret. **10.00** NEW Ogof Gwddf y Diafol. The body of a retired cop is discovered by a lake, his eyes mysteriously replaced with those of a sheep. Crime thriller, starring Vladimir Karamazov. In Bulgarian. 11.00-11.35pm Codi Hwyl. John Pierce Jones and Dilwyn Morgan set sail for the town of Dingle.

BBC3

- 7.00pm Top Gear Freddie Flintoff, Chris Harris and Paddy McGuinness take a road trip through Wales
- 8.00 The Fast and the Farmer-ish Double bill. Teams compete to be the best tractor drivers in England; Northern Ireland's Bogmen and Determinators face each other
- 9.00 Squad Dates Dating show in which two sets of single friends get together for group dates
- 10.00 The Rap Game UK DJ Target, Krept and Konan hunt for the next big MC to take over the scene.
- 11.00 Ladhood Having secured a promotion, Liam finds himself morally compromised.
- 11.25 This Country Kerry and Kurtan explore the possibility of moving.
- 11.50 The Fast and the Farmer-ish
- **12.50am** Squad Dates **1.50** The Rap Game UK **2.45** This Country 2.50-3.40am Cuckoo

BBC4

- 7.00pm LIVE Women's T20 Cricket England v India. Coverage of the second match of the series which comes from The Incora County Ground in Derby.
- 9.30 Gorbachev. Heaven Storyville A portrait of the late Mikhail Gorbachev, a hero to the west because of his policies of Glasnost and Perestroika, but blamed in his own country for destroying the Soviet empire.
- 1.10 Ted Hughes: Stronger Than **Death** Examining how the poet's life shaped his work, including an interview with his daughter Frieda, as well as testimony from family members, friends and fellow writers.
- **12.40am** Sylvia Plath: Inside the Bell Jar. Documentary. **1.40** The Normans **2.10** Cities: Nature's New Wild 2.40-3.10am The Great British Seaside Holiday - Timeshift

5 USA

- 6.00am TJC 9.00 NCIS 10.55 Entertainment News on 5 11.00 NCIS 12.00noon Law & Order 2.55 Entertainment News on 5 3.00 Law & Order 4.55 Entertainment News on 5 5.00 Law & Order
- 6.00 NCIS Triple bill. A call girl is suspected of murder: an NCIS polygraph specialist comes under suspicion; Tony becomes obsessed with finding a murder victim's sister.
- 9.00 Law & Order: Criminal Intent Double bill. Goren and Eames hunt a killer: Nichols and Wheeler investigate a socialite's murder.
- 11.00 Law & Order: Special Victims Unit Double bill. A polygamist's wife is murdered: a socialite's body is found in Central Park
- **12.55am** Law & Order: Special Victims Unit: triple bill 3.30 Criminals Caught on Camera 3.55-4.00am Entertainment News on 5



Sport

SKY SPORTS MAIN EVENT

6.00am Sky Sports News 7.00 Good Morning Sports Fans 10.00 The Football Show 12.00noon Sky Sports News

5.30 We Women's International T20 Cricket England v India, from the County Ground in Derby
7.30 LIVE EFL Preston North End v Burnley. 10.30 Soccer Special Post-Match 11.00 Sky

Sports News 12.00m't Live: Total Access
1.00 LIVE MLS Minnesota United FC v Los Angeles FC (kick-off 1.00am).

3.10 MLS Greatest Games

3.15-6.00am Sky Sports News

SKY SPORTS CRICKET

6.00am How the 2009 ICC World Twenty20 Was Won 8.00 Talking Cricket 8.30 Best of KP 10.00 Test Cricket 1.00pm Women's International T20 Cricket 5.00 My Icon 5.10 Best of England v South Africa 5.30 LIVE Women's International T20 Cricket

England v India, from the County Ground in Derby

9.30 Test Cricket Bitesize 9.45 Test Cricket Bitesize 10.00 Test Cricket Bitesize 10.15

Shaun Pollock: Bowling Masterclass 10.45
Best of England v South Africa 11.10 Best of England v South Africa 11.30 Talking Cricket 12.00m't Women's International T20 Cricket 4.00 Captain's Log 5.00 Best of the Women's World T20 5.15-6.00am Best of the ICC Women's World Cup

SKY SPORTS FOOTBALL

6.00am Championship Retro 8.30 EFL Greatest Games 9.00 SPFL Greatest Games 9.30 EFL Greatest Games 10.00 EFL Cup Retro

12.00noon Lionesses Special: Their Story 1.00

Bundesliga Highlights Show **2.00** EFL **4.00** Inside The WSL: Beth Mead Special **4.30** MLS Round-Up Show **5.00** EFL Greatest Games 5.30 Lionesses Special: Their Story 6.30 MLS Round-Up Show

7.00 Inside The WSL: Beth Mead Special 7.30 LIVE EFL Preston North End v Burnley.
10.30 Lionesses Special: Their Story 11.30 Inside The WSL: Beth Mead Special

12.00m't Championship Season Review
1.00 LIVE MLS Minnesota United FC v Los

Angeles FC (kick-off 1.00am).

3.10 MLS Greatest Games 3.15 Jimmy Glass:
The Great Escape 3.45 EFL Greatest Games 4.00-6.00am EFL Cup Retro

BT SPORT 1

6.00am UEFA Europa League Goals Reload **6.45** UEFA Champions League Goals Reload 7.00 UEFA Europa League & Conference League Magazine 8.00 Goals Reload 8.15 Premiership Ruaby Highlights 9.45 Ruaby Tonight 10.30 BT Sport Goals Reload 10.45
UEFA Champions League Goals Reload
11.00 LIVE UEFA Youth League Sporting Lisbon

U19 v Tottenham Hotspur U19 (kick-off 11.00am)

1.00pm ESPN FC 1.30 UEFA Europa League & onference League 2.30 Joe Cole Cast

3.00 LVE UEFA Youth League Liverpool
U19 v Ajax U19 (kick-off 3.00pm).
5.00 ESPN FC. The latest footballing action.

5.30 LIVE UEFA Champions League
Viktoria Plzen v Inter Milan (kick-off 5.45pm) 7.45 UCL Goals 10.15 BT Sport Films 11.15 Goals Reload 11.30 Premiership Rugby Highlights 1.00am LIVE WWE NXT Wrestling action.

3.15 Ligue 1 Highlights 4.15 Classic Ligue 1 5.45-6.00am What I Wore

BT SPORT 2

6.00am One Day International Cricket 7.00 WRC Review 8.00 World Padel Tour 10.00 Canadian Premier League **2.00pm** 30 for 30 **3.00** 30 for 30 **4.00** UEFA Champions League Magazine 4.30 World Padel Tour 6.30 Joe Cole Cast

7.00 LIVE UEFA Champions League Liverpool v Ajax (kick-off 8.00pm). 10.30 UEFA Champions League Tonight 11.30 Joe Cole Cast

12.00m't LIVE MLB Boston Red Sox v New York Yankees (start time 12.10am).

3.30 Kite Masters 4.00 One Day International Cricket 5.00-6.00am UEFA Éuropa League & Conference League Magazine

EUROSPORT 1

6.00am Cycling: Vuelta a Espana 7.00 Tennis: Best of the Australian Open 8.00 Roland-Garros – Best of 2022 **9.00** Athletics **10.30** Cycling: Tour of Romania **11.00** 72: A Gathering of Champions 1.00pm Cycling: Vuelta a Espana 2.00 LIVE Cycling: Tour of Luxembourg

4.05 Cycling: Montreal Grand Prix

 4.30 LVE Cycling: Tour of Slovakia Stage one.
 6.00 Cycling: Tour of Romania 7.00 Sailing: Spirit of Yachting 7.30 Speedway Grand Prix 8.30 FIA World Endurance Championship **9.30** Show Jumping **10.30** Cycling: Tour of Luxembourg

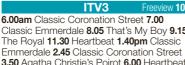
11.30 Cycling: Tour of Slovakia 12.30am Sailing: Spirit of Yachting 1.00 Hall of Fame – Athens 2004 2.00 Cycling: Tour of Slovakia **3.00** Cycling: Tour of Luxembourg **4.00-6.00am** Speedway Grand Prix

BEST OF THE REST – LIVE SPORT

2.00-4.00am LIVE WNBA Las Vegas Aces \ Connecticut Sun. (Sky Sports Arena)

> *All schedules correct at the time of print

Entertainment & Factual



Classic Emmerdale **8.05** That's My Boy **9.15** The Royal **11.30** Heartbeat **1.40pm** Classic Emmerdale 2.45 Classic Coronation Street 3.50 Agatha Christie's Poirot 6.00 Heartbeat 8.00 Martin Clunes: Islands of the Pacific 9.00 Midsomer Murders 11.00 Professor T 1.10am The Royal 2.10-2.30am Unwind

ITV4

6.00am The Adventures of Sherlock Holmes 6.55 The Saint 7.55 Magnum, Pl 8.55 The Sweeney 10.00 Minder 11.10 The Adventures of Sherlock Holmes 12.20pm The Saint 1.30 Match Time Revisited 2.35 Magnum, PI 3.35 The Sweeney 4.45 Minde 5.55 Match Time Revisited 7.00 Who Wants to Be a Millionaire? 8.00 World Superbike Highlights 9.00 FILM Creed II (2018/12) ★★★★ 11.40 All Elite Wrestling: Rampage 12.50am Auto Mundial 1.20 Motorsport Mundial 1.45-2.40am The Sweeney

5STAR

8.00am Entertainment News on 5 **8.05** Judge Judy **11.00** Bargain-Loving Brits in the Sun **12.00noon** Shoplifters & Scammer At War with the Law **1.00** Traffic Cops **2.00** Police Interceptors **5.00** Dogs with Extraordinary Friends **6.00** Home and Away 7.00 Caught on Camera: Funniest Moments 8.00 999: Criminals Caught on Camera 9.00 Bargain Brits on Benefits 10.00 999: Emergency Call Out 11.00 999: Critical Condition 12.00mt Casualty 24/7: Every Second Counts 1.00 Killer at the Crime Scene 2.00-4.00am Judge Judy

REALLY

6.00am Fantasy Homes by the Sea 7.00 Cruise TV with LoveitBookit 8.00 Savino Lives at Sea 9.00 The Repair Shop 10.00 Antiques Road Trip **12.00noon** Money for Nothing 1.00 The Hotel Inspector 2.00 Animal Cops Houston **4.00** Dr Jeff: Rocky Mountain Vet **5.00** Ambulance **6.00** Money for Nothing **7.00** Antiques Road Trip **9.00**The Great British Sewing Bee **10.00** The
Great British Sewing Bee Final **11.00** Ghost
Adventures **12.00m't** Portals to Hell **1.00** Ghost Adventures **2.00-4.00am** Teleshopping

5ACTION

9.00am Criminals: Caught on Camera **9.25** Entertainment News on 5 **9.40** Traffic Cops 10.40 Police Interceptors 11.45 FILM They Came to Cordura (1959/PG) ***

2.20 FILM The Guns of Fort Petticoat (1957/PG) ★★★ 4.00 Trucking Hell 5.00 Traffic Cops **6.00** Police Interceptors **9.00** Police: Hour of Duty **10.00** The Motorway 11.00 Fights, Camera, Action! 12.00m't Criminals: Caught on Camera 1.00 Fights, Camera, Action! 2.00 Trucking Hell: Extreme Road Rescue 3.00 | Survived a Sinkhole 3.50 101 Events That Made the 20th Century 4.50-5.00am Entertainment News

SKY ARTS

6.00am Reinventing the Orchestra with Charles Hazlewood **6.55** Romeo and Juliet 9.00 Tales of the Unexpected 10.00 Alfred Hitchcock Presents 11.00 Discovering: Shirley MacLaine 12.00noon Vermeer from the National Gallery, London 1.00 Tales of

The 74th Annual **Primetime** Emmy Awards Sky Max, 10pm Kenan Thompson (left) hosts the ceremony at the Microsoft Theatre in Los Angeles, with Succession, Ted Lasso and The White Lotus leading the nominations

the Unexpected **2.00** The Art of Architecture 3.00 Portrait Artist of the Year 2014 4.00 Discovering **5.00** Tales of the Unexpected **6.00** Alfred Hitchcock Presents **7.00** Discovering: Elizabeth Taylor **8.00** Cezanne: Portraits of a Life **9.00** I, Claude Monet **10.00** Catherine the Great **11.10** The South Bank Show 12.45am The Directors 1.45 Les Dawson's Parisienne Adventure: Urban Myths 2.15 Joan Rivers and Barbra Streisand: Urban Myths **2.45** FILM Jerry Lewis: The Man Behind the Clown (2016/ PG) ★★★★ 4.00-5.00am Discovering

GOLD

7.20am Keeping Up Appearances **7.50** Outnumbered **8.25** 2point4 Children **9.00** Hi-de-Hi! 9.35 Still Open All Hours 10.15 Last of the Summer Wine 11.30 Desmond's 12.05pm 2point4 Children 12.40 Dad's Army 1.20 Outnumbered 2.00 Keeping Up Appearances **2.40** Last of the Summer Wine 4.00 Dad's Army 4.40 Still Open All Hours 5.20 Keeping Up Appearances 6.00 Hi-de-Hi! 6.40 Dad's Army 8.00 Only Fools and Horses 8.40 Murder, They Hope 9.40 Bottom 11.00 This Time with Alan Partridge 11.40 Billy Connolly Does.. **12.40am** Peep Show **1.50** Murder, They Hope **2.50-4.00am** Bottom

YESTERDAY

6.00am Warbird Workshop 8.00 Abandoned Engineering 9.00 The World at War 10.00 War Factories 11.00 Abandoned Engineering **12.00noon** The Architecture the Railways
Built **1.00** Bangers and Cash **2.00** Abandoned Engineering 4.00 War Factories 5.00
The World at War 6.00 The Architecture the Railways Built 7.00 Abandoned Engineering 8.00 Train Truckers 9.00 Bangers and Cash 11.00 Abandoned Engineering 12.00m't The Architecture the Railways Built 1.00-3.00am Warbird Workshop

ALIBI

7.15am Murdoch Mysteries 9.00 The Doctor Blake Mysteries 10.00 Unforgettable 11.00 Rizzoli & Isles 12.00noon Death in Paradise 1.00 Father Brown 2.00 Murdoch Mysteries 4.00 The Doctor Blake Mysteries 5.00
Unforgettable 6.00 Major Crimes 7.00 Rizzol & Isles 8.00 Death in Paradise 9.00 The Game 10.15 Death in Paradise 11.15 Murdoch Mysteries 12.15am The Doctor Blake Mysteries 1.10-2.10am Father Brown

SKY MAX

6.00am Stargate SG-1 8.00 The Flash 9.00 DC's Legends of Tomorrow 10.00 Supergirl 11.00 NCIS: New Orleans 1.00pm Hawaii Five-0 2.00 MacGyver 3.00 DC's Legends of Tomorrow 4.00 The Flash 5.00 Supergirl 6.00 Stargate SG-1 **8.00** A League of Their Own 9.00 The Blacklist 10.00 The 74th Annual Primetime Emmy Awards 12.00m't Brassic 1.00 Road Wars 2.00 Never Mind the Buzzcocks 2.45-3.50am Hawaii Five-0

SKY ATLANTIC

6.00am Fish Town 7.45 Boardwalk Empire 10.00 The Sopranos 12.15pm Ray Donovan 2.25 Game of Thrones 3.30 Boardwalk Empire 5.45 The Sopranos 7.55 Game of Thrones. Fantasy drama. 9.00 Irma Vep 10.05 House of the Dragon 11.10 Munich Sames 1.10am Succession 2.20 The Affair 3.30 In Treatment 4.00-6.00am Fish Town

SKY WITNESS

6.00am UK Border Force **7.00** Stop, Search, Seize **8.00** Border Patrol **9.00** Road Wars 10.00 Air Ambulance ER 11.00 The Good Doctor **12.00noon** 9-1-1 **1.00** FBI **2.00** Blue Bloods **3.00** The Equalizer **4.00** Paramedics Australia 5.00 Nothing to Declare 8.00
Blue Bloods 9.00 Law & Order: Organized
Crime 10.00 Coroner 11.00 9-1-1 12.00m't
The Equalizer 1.00 New Amsterdam 2.00 Bull 3.00 FBI 4.00 Road Wars 5.00-6.00am Brit Cops: Rapid Response

SKY COMEDY

8.00am Futurama 9.00 Everybody Hates Chris 10.00 Modern Family 11.00 Curb Your Enthusiasm 12.45pm Sex and the City 2.30 The Office (US) 3.00 Will & Grace 4.00 Modern Family 5.00 The Office (US) 5.30 Futurama **6.30** Everybody Hates Chris **7.30** The Office (US) **9.00** The Rehearsal **9.35** Somebody Somewhere 10.15 Bounty Hunters 11.30 The Late Late Show with James Corden 12.30am The Tonight Show Starring Jimmy Fallon **1.30** Entourage **4.00-5.00am** Everybody Hates Chris

DISCOVERY

6.00am Wheeler Dealers 7.00 Deadliest Catch8.00 Building Off the Grid 9.00 The Last Alaskans 10.00 Ice Lake Rebels 11.00 Wheeler Dealers 12.00noon Railroad Alaska 1.00 Hoffman Family Gold 2.00 Lone Star Law 3.00 Homestead Rescue: Raney Ranch 4.00 Alaska: The Last Frontier 5.00 Wheeler Dealers 6.00 Kindig Customs 7.00 Junkyard Empire 8.00 Railroad Alaska 9.00 Gold Rush 10.00 Gold Rush: Dave Turin's Lost Mine 11.00 Yukon Men 12.00m't The Alaska Triangle 1.00 Gold Rush 2.00 Gold Rush: Dave Turin's Lost Mine 3.00-4.00am Deadliest Catch

NATIONAL GEOGRAPHIC

8.00am Nazi Megastructures **9.00** Viking Warrior Women **10.00** Europe from Above 11.00 Lost Treasures of Egypt 12.00noon World's Biggest Battleship: Drain the Oceans 1.00 Ultimate Airport Dubai 2.00 Air Crash Investigation 4.00 Ice Road Rescue 5.00 Car S.O.S 6.00 Engineering New York Super Airport 7.00 Air Crash Investigation 8.00 Alaska: The Next Generation 9.00 Primal Survivor: Mighty Mekong 10.00 Running Wild with Bear Grylls: The Challenge 11.00
Air Crash Investigation 12.00m't Car S.O.S
1.00 Wicked Tuna 2.00 Ice Road Rescue
3.00-5.00am Air Crash Investigation

Radio

BBC RADIO 1 CHOICE

97.6-99.8MHz 6.57am Newsbeat 7.00 Radio 1 Breakfast with Greg James 10.30 Newsbeat 10.32 Rickie, Melvin and Charlie 12.00noon Radio 1's Live Lounge 12.45 Newsbeat **1.00** Dean and Vicky **3.30** Newsbeat **3.32** Going Home with Jordan 5.45 Newsbeat 6.00 Future Sounds with Clara Amfo 8.00 Future Artists with Jack Saunders 10.00 Power Down Playlist with Sian Eleri **11.00** Annie Nightingale Presents **1.00am** Live at Reading + Leeds 2022: The 1975 **1.30** Live at Reading + Leeds 2022 The 1975 **2.00** Get Set with Radio 1 **3.00** Charli XCXis Best Song Ever 3.30 Charli XCXis Best Song Ever 4.00 Radio 1 Dance

BBC RADIO 2

5.00-6.57am Breakfast with Arielle Free

88-91MHz 6.30am The Zoe Ball Breakfast Show **9.30** Ken Bruce **12.00noon** Jeremy Vine **2.00** Steve Wright in the Afternoon **5.00** Sara Cox **6.30** Sara Cox's Half Wowe 7.00 Jo Whiley's Shiny Happy Playlist 7.30 Jo Whiley 9.00 Remembering Our Queen 10.00 Trevor Nelson's Magnificent 10.30 Trevor Nelson's Rhythm Nation 12.00m't OJ Borg 3.00 Pick of the Pops 4.00-6.30am Early Breakfast Show

BBC RADIO 3

90.2-92.4MHz 6.30am Breakfast 9.00 Essential Classics 12.00noon Composer of the Week: Bruckner 1.00 Radio 3 Lunchtime Concert 2.00 Afternoon Concert 5.00 In Tune 7.00 In Tune Mixtape 7.30 In Concert

Radio 4, 11,30am

This new series reveals how celebrity culture has changed during the past 70 years by charting the story of one star Elizabeth Taylor. As the opener reveals. she was unprepared for the furore that occurred when she and Richard Burton were snapped in an embrace while filming Cleopatra in 1962.

10.00 Free Thinking 10.45 The Essay: Sign Language Is My Language 11.00 Night Tracks 12.30-6.30am Through the Night

BBC RADIO 4

FM 92.4-94.6MHz, LW 198kHz 6.00am Today 9.00 The Life Scientific 9.30 One to One 9.45 (LW) Daily Service 9.45 (FM) Book of the Week: A Visible Man 10.00 Woman's Hour 11.00 The Curious Cases of Rutherford & Fry 11.30 Icon 12.00noon News 12.01 (LW) Shipping Forecast 12.04 Call You and Yours 12.57 Weather 1.00 The World at One **1.45** The Boy in the Woods **2.00** The Archers **2.15** Drama: Love Across the Ages 3.00 Short Cuts 3.30 Costing the Earth 4.00 The Listening Project 4.30 The Digital Human 5.00 PM 5.54 (LW) Shipping Forecast **5.57** Weather **6.00** News **6.30** Alone **7.00** The Archers **7.15** Front Row 8.00 File on 4 8.40 In Touch 9.00 Can the Police Keep Us Safe? 9.30 The Life Scientific 10.00 The World Tonight 10.45

(FM) Book at Bedtime: The Maid 11.00 Fortunately 11.30 The Digital Human 12.00m't News 12.30 Book of the Week: A Visible Man 12.48 Shipping Forecast 1.00 As BBC World Service **5.20** Shipping Forecast **5.30** News **5.43** Prayer for the Day **5.45** Farming Today **5.58-6.00am** Tweet of the Day

BBC RADIO 5 LIVE

693/909kHz 6.00am 5 Live Breakfast 9.00 Nicky Campbell 11.00 Adrian Chiles 1.00pm Nihal Arthanayake 4.00 5 Live Drive 5.30 5 Live Sport 5.45 5 Live Sport 8.00 5 Live Sport 10.30 Colin Murray 1.00am Dotun Adebayo 5.00-6.00am Wake Up to Money

BBC RADIO WALES

FM: 94.6MHz 6.00am Radio Wales Breakfast with Claire Summers 8.30 Jason Mohammad 11.00 Wynne Evans 2.00pm Caryl Parry Jones **5.00** Radio Wales Drive **6.30** Science Cafe **7.00** Radio Wales Sport 10.00 The Late Show 12.30am As Radio 5 Live 5.30-6.00am Science Cafe

CLASSIC FM

100-102MHz 6.00am More Music Breakfast 9.00 Alexander Armstrong 12.00noon Anne-Marie Minhall 4.00 John Brunning 7.00 Smooth Classics 1.00am Karthi Gnanasegaram 4.00-6.00am Breakfast

ABSOLUTE RADIO

1215kHz 6.00am Dave Berry 10.00 Leona Graham 1.00pm Ben Burrell 4.00 Bush and Richie 7.00 Danielle Perry 10.00 Jay Lawrence 1.00-6.00am Dan Noble

Movies

11.00am Waterloo Road (1944/PG) Second World War drama, starring John Mills. **12.35pm Border River** (1954/U)

Western, starring Joel McCrea. ***

2.20 The Court-Martial of Billy Mitchell (1955/U) Courtroom drama, starring Gary

Cooper and Rod Steiger. ***

4.25 The Long Ships (1963/PG) Viking adventure, starring Richard Widmark. ★★
7.05 Fantastic Four (2015/12) Four scientists return from another dimension with unusual powers, which they use to defend the Earth.
Superhero adventure, with Miles Teller. ★★

9.00 Raiders of the Lost Ark (1981/PG) Archaeologist Indiana Jones tries to locate the Ark of the Covenant before the Nazis get their hands on it. Steven Spielberg's action adventure, with Harrison Ford. *****

11.15-2.55am A Hidden Life (2019/12) Drama,

with August Diehl and Valerie Pachner. **

SKY CINEMA PREMIERE 6.00am Last Looks (2021/15)

See 6.10pm for details. 8.00 Monstrous (2022/15) See 4.20pm for details.

9.45 American Carnage (2022/15) See 8.10pm for details. ★★★

11.40 A Journal for Jordan (2021/12)

See 1.40am for details. ***

2.00pm The 355 (2022/12) Thriller, starring Jessica Chastain and Penelope Cruz. ***
4.20 Monstrous (2022/15) Horror, starring
Christina Ricci and Santino Barnard. *** 6.05 American Carnage (2022/15) When the children of undocumented immigrants are put in detention, they get a unique chance to

win their freedom. Horror comedy, starring Jenna Ortega and Jorge Lendeborg Jr. ***

8.00 Last Looks (2021/15) A disgraced cop seeks solace by moving to the woods, but his quiet life comes to an end when a PI recruits him to investigate a murder.
Thriller, starring Charlie Hunnam. ***
10.00 Scream (2022/18) Horror sequel, starring

Neve Campbell and Courteney Cox. ***

12.00m't Jackass Forever (2022/18) Comedy, with Johnny Knoxville and Steve-O. 1.40am A Journal for Jordan (2021/12)
Drama, starring Michael B Jordan.

3.55-6.10am The 355 (2022/12) See 2.00pm for details. ***

SKY CINEMA DRAMA

 4.20pm Staying Alive (1983/PG) Drama, with John Travolta and Finola Hughes.
 ★★
 6.10 Last Night (2010/12) Drama, with Keira Knightley and Sam Worthington. ***

8.00 Cold Mountain (2003/15) An American Civil War deserter makes a long journey in search of the woman he loves, who is struggling to run her family farm. Drama

starring Nicole Kidman and Jude Law. ** 10.50 The Cider House Rules (1999/12)
Drama, with Michael Caine. ★★★★ 1.10am Little Women (1994/U) Drama, with

Winona Ryder and Susan Sarandon. ★★★

3.20 North Hollywood (2021/15) Comedy, with Ryder McLaughlin and Vince Vaughn. 5.00-6.00am Sky Cinema Preview

SKY CINEMA FAMILY

5.00pm Charlie and the Chocolate Factory (2005/PG) Children's fantasy, starring Joh Depp and Freddie Highmore. 7.00 Matilda (1996/PG) Children's fantasy comedy, starring Mara Wilson. ***

8.50 Gremlins (1984/15) Comedy horror, with

Zach Galligan and Phoebe Cates. ★★★★

10.50 Gremlins 2: The New Batch (1990/12) Comedy sequel, starring Zach Galligan. ***

12.40am To Olivia (2021/PG) Drama, starring
Hugh Bonneville and Keeley Hawes. *** 2.25 Pinocchio (2019/PG) Adaptation of the

classic tale, starring Federico lelapi. ***

4.40-6.30am Fairytale: A True Story (1997/U) Drama, with Florence Hoath.

TCM

5.00pm Son of a Gunfighter (1966/U) Western, starring Russ Tamblyn. ★★★ 6.55 Chuka (1967/PG) Western, starring Rod Taylor and Ernest Borgnine. 9.00 Fire Down Below (1997/18) Action adventure, starring Steven Seagal. ***
11.10 Swordfish (2001/15) Thriller, starring John Travolta and Hugh Jackman. ★

1.15-3.10am Deep Blue Sea (1999/15) Thriller, starring Saffron Burrows.

GREAT! MOVIES

4.45pm Georgy Girl (1966/12) Comedy ing Lynn Redgrave. *** **6.40 How Do You Know** (2010/12) Romantic comedy, with Reese Witherspoon, 9.00 The Girl with the Dragon Tattoo
(2011/18) Thriller remake, starring Daniel

Craig and Rooney Mara. 12.05am Dog Eat Dog (2016/18) Thriller starring Nicolas Cage and Willem Dafoe. 1.50 Braven (2018/15) Action thriller, starring

Jason Momoa and Garret Dillahunt. **
3.50-6.00am The Hot Potato (2011/PG)

Drama, starring Ray Winstone. **

OUR VOICE



Well done to Howard Lewis from Pentre, Mid Glamorgan, for this funny caption for our photo of The Masked Dancer's Davina

McCall and

Oti Mabuse. with footie

star Peter

joins the

Crouch who

panel for the

new series.



Today's picture shows PM Liz Truss at the first meeting of her new Cabinet at No10, including Health Secretary Therese Coffey and Business and Energy Secretary Jacob Rees-Mogg. Email your funny captions to the address below.



Poignant show of unity

■ It was so touching to see Princes William and Harry, along with Kate and Meghan, put on a united front for the crowds who had come to pay their respects at Windsor Castle.

I'm certain this is what their beloved grandmother, our late Queen, would have wanted. She would have also wanted them to sit down together and resolve their differences. They might never regain the relationship they once had as young brothers, but they can still be close.

After all, they shared a unique early life and the loss of their mother at a young age.

Carole Goddard, North London



■I hope William and Harry can sort out their differences, thrash it out, and just the two of them go for a beer. It's time to move on, as long as nothing else surfaces in the future.

Everyone deserves a second chance. Things happen and everyone makes mistakes. If they could do this it would have made both their mother and

grandmother happy. **Gail Silvester, Oxfordshire**

No windfall tax keeps rich happy

■IT'S unsurprising Liz Truss is not going to impose a windfall tax on the super-rich energy giants making a killing from the energy crisis. This means long-suffering British taxpayers will have to foot the bill and the debt will be passed on to future generations.

When you consider the rip-off energy giants are going to coin in a massive £170billion in excess profits from a national crisis, it's truly sickening.

This is the ugly side of capitalism. Don't forget the Tories are funded by these lot, who donate a fortune to their coffers.

The argument that these giants will reinvest their ill-gotten gains is fantasy. Most of it will line pockets of bosses and shareholders who are laughing all the way to the bank. Bill Cook, Teignmouth, Devon

■When vulnerable people are looking at cold, hunger and health problems because of the energy crisis, how can it be morally right for energy companies to make record profits?

Surely in these desperate times the Government should have the power to disqualify companies from making profits at the expense of people who can barely afford to put food on the table?

A warm home, access to clean water and food in your belly should be the bare minimum for citizens of a so-called civilised democracy. Len Goodwin, Doncaster

■I just wonder how many people would have voted for the Tories had they put in their manifesto they were going to remove the pensions' triple lock, make a mess of Brexit, and allow taxpayers to pick up the

New Prime Minister Liz Truss's scheme to effectively freeze the energy price cap for two years at no more than £2,500 will come into effect on October 1, but it doesn't include a windfall tax on excess profits made by oil

and gas giants during the energy crisis. An emergency Budget and plans to help businesses is due soon. You say...

tab for the energy companies' vast companies making eye-watering profits? Don't let the sad loss of the Queen distract us from the fact people are still struggling.

So, God save the King and God help the rest of us!

Paul Booker, Clay Cross, Derbys

■Are we being conned in this country with the high fuel bills? The war in Ukraine is being blamed for the astronomical cost of fuel but we get most of our gas from the North Sea, Norway and the US. Only a fraction comes from Russia.

Plus, we have wind farms and other green sources of power. So why are we paying so much? Unfortunately, I don't hold out

much hope Liz Truss can sort out our problems. She only seems concerned with lowering taxes and motorway speed limits and not much else.

Janet Williams Loughborough, Leics

■If Liz Truss won't make the energy companies pay back some of the billions they are raking in from struggling families, then I don't think she'll be in power for long.

The energy market is rigged and we are further enriching

profits. It is immoral and a kick in the teeth for hard-working UK taxpayers.

John Hainsworth Ferrybridge, West Yorks

■The new PM is freezing energy bills but refusing to place a windfall tax on the energy companies. The question arises as to why? Is it simply a case of the Tories looking after their own interests again?

Their excessive borrowing is going to leave a huge headache for Labour when they win the next election, which hopefully they will. Roy Tandy, Liverpool

■The Tories must be held to account for the major part they have played in the energy crisis now facing millions of families in the UK.

Their politically motivated sell-off of services we all need has poured billions into the pockets of shareholders while providing massive salaries for bosses

Labour must return all these services back to public ownership in order to lower the prices for consumers.

Tony Aldridge Golden Cross, East Sussex

often hear bandied about these days. But who truly deserves the title of National Treasure? From wildlife presenters (we can all think of one in particular) to much loved comedians, actors sports stars and even royalty and politicians, who are really our national treasures? Draw up a list of your top 10 and send it to the address on this page or features@ mirror.co.uk

It's a phrase we

Women PM boast blast

■ The Tories have wasted no time in berating Labour for never having had a female leader of the party, while taking every opportunity to remind us they've given us three women Prime Ministers.

I hope that this is a simple statement of fact as, given the three women they refer to, surely it can't be a boast? Sheila Fox Crawley, West Sussex

■ What a farce. The Prime Minister of our country has been decided by just 81,326 members of the diminishing Conservative Party.

You call that democracy? I think not.

If ever there was a need for a revamp of our constitution, it is nov

John Stockham Folkestone, Kent



GMB's Adil Ray enthuses about BBC1's Frozen Planet 2..

@adilray - Sir David Attenborough is just what the nation needs now. BBC, you are irreplaceable. I have a feeling Her Majesty would also approve. #FrozenPlanet2

Monday we print your treasured family photos in Your Memories. If you have an old picture you'd like to share please email or write to us at the address below and include the photo and information about who's in it and when and where it was taken. But please don't send originals as we can't return them.

Pub quiz answers

How many of our daily pub quiz brainteasers did you manage to get right? 1. 1930s

- 2. Aztec
- 3. Postcards
- 4. Copper
- 5. Coriander



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44 DAILY MIRROR TUESDAY 13.09,2022

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Soames steps down at Serco

Soames

THE boss of outsourcing giant Serco is to leave - after raking in more than £30million in pay and perks.

Rupert Soames, grandson of former Tory Prime Minister Sir Winston Churchill, will retire next September.

The 63-year-old took over as chief executive in 2014 in the wake of a scandal involving overcharging taxpayers for electronic tagging offenders.

He is credited with turning around the firm's fortunes.

Serco was among those that WEALTHY landed lucrative Covid test-andtrace contracts, but was criticised for its poor record on tracking down people.

Mr Soames insisted last year he was "proud" of the role the company played.

Serco has a host of deals across government, from the Ministry of Defence to the NHS and running immigration detention centres. Mr Soames will step down in December but stay on as a strategic advisor until September next year.

Since becoming CEO in 2014, he has netted more than £28m in salary, bonuses and other payments - including £4m last year.

Given that his salary is £850,000, plus his notice period and the opportunity to rake in further bonuses, his total earnings since joining are likely to top £30m.

He also owns shares worth nearly £11m.

Mr Soames said yesterday: "It has been the privilege of my working life to lead Serco for the last eight years, but it is now time for me

to outsource myself." He will be replaced by Mark Irwin, a private equity veteran who has been at Serco since 2013.

>>> The UK economy grew by a feeble 0.2% in July, the Office for National **Statistics** confirmed.

Experts reckon the impact of the 10-day mourning period following the Queen's death could push the economy into recession sooner expected.

Michael Murray, the new boss of Sports Direct owner Frasers has hinted it might sell offshoots just as it is linked with a possible bid for historic

tailor Gieves & Hawkes. Mr Murray, 32, is married to the daughter of Frasers' billionaire founder, Mike Ashley.

Home appliances giant Electrolux issued a profit warning yesterday as soaring inflation hit demand for its products. The Swedish company responded by

announcing plans to cut costs. Electrolux is Europe's biggest home

appliances firm, selling around 60 million fridges, freezers, ovens, cookers and the like every year.

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mmit as he ran in a vital t up his side's win



FORMULA ONE



ALEX ALBON suffered respiratory failure following his appendix surgery at the weekend.

The Williams driver began feeling unwell on Saturday as he prepared for the Italian Grand Prix. He had the operation the same day but after complications was put on a ventilator in intensive care.

The 26-year-old (above, left) came off the ventilator on Sunday and the Thai is now on a general ward in Monza but should return home today. In a statement

Williams said: "Alex suffered with unexpected post-operative anaesthetic complications which led to respiratory failure, a known but uncommon complication."

The London-born racer was replaced by reserve driver Nyck de Vries (above, right) for Sunday's race, which was won by Red Bull's Max Verstappen.

Williams added that Albon's "full focus is on recovery and preparation" ahead of the Singapore GP on September 30.

irror UF

HOT COLOURS AND A DEVINE FRAGRANCE **Wallflower 'Sunset Tutti Frutti'**



Rees-Zammit says sprint training in the US has made him an even faster threat

Bigdu

BY ALEX SPINK Rugby Correspondent

@alexspinkmirror

LOUIS REES-ZAMMIT has warned opponents he is about to become far speedier with help from extra coaching in America.

'Rees Lightning' smoked the Wasps defence on Sunday as he ran the length of the field to score the try which brought Gloucester back from the dead in a game they won 27-21.

The 21-year-old speed demon won the 100-metre foot race despite one of his boots being 'broken' and his back 'jarred'. It was yet another

spectacular score for his showreel but the Wales and Lions wing is not satisfied and took himself Stateside in the off-season to sharpen.

Rees-Zammit (right) explained: "I want to develop my game in terms of my agility and not just be a pace man.

"I didn't really get the chance to show it against Wasps but I've been working on my agility and footwork.

"I am trying to develop all parts – defence, attack, my high balls, my breakdown work - bring a new dimension to my game. Can I get heads of terms had not to be signed.

quicker? I don't see why not. Against Wasps, to be honest, I felt quite slow!"

Seeing how club-mate Jonny May benefitted from training at Olympic legend Michael Johnson's performance centre in Texas, Rees-Zammit contacted Spencer Smith in Atlanta. "He is a family relative who is a performance coach and has a load of contacts," said the Penarthborn star. We worked on my speed and agility, short and sharp stuff.

"Hopefully I can show it in the games coming." Whether crisis-hit Worcester are still in business then remains to be seen but former

director Iim O'Toole and partner James Sandford yesterday threw the stricken club a lifeline.

The pair claim to have put together an offer that will ensure the club's financial security - but insist the only viable

solution to the current crisis is for the club is to enter administration.

Warriors' current owners are opposed to that and were last night understood to have agreed terms with an interested buyer, although a

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RESULTS & PRICES

WORCESTER

1.00: TOM O'ROUGHLEY (H Kimber 13-2) 1; Corrany (6-1) 2; Kiltorcan Boy (18-1) 3. 8 ran. 85-40f Getthepot. 3¼, 15l. (Sheila Lewis), Tote: C7:50; 22.00, C1:90, 23:70. Tote Exacta: £45.50. Tricast: £668.54. Trifecta: £700.30. CSF: £45.16. NRs: Jet Fighter, Red Maple.

Maple.

1.30: AVIEWTOSEA (K Woods 5-2) 1;

Punxsutawney Phil (15-8) 2; Skatman (2-1)
3. 4 ran. 1½, 19l. (F O'Brien). Tote: £3.50; Tote

Exacta: £6.20. Triffecta: £9.70. CSF: £7.46.

3. 4 ran. 11½, 191. (F O'Brien). Tote: £3.50; Tote Exacta: £6.20. Tiffecta: £9.70. CSF: £7.46. NR: Farouk De Cheneau. 2.05: CLEAR THE RUNWAY (B Hughes 4-1) 1; Elios D'Or (4-1) 2; Lermoos Legend (15-2) 3. 7 ran. 5-2f Global Citizen. 10]. 61. (L Morgan). Tote: £5.00; £1.80, £2.20. Tote Exacta: £20.80. Tricast: £105.63. Trifecta: £93.50. CSF: £19.14. NR: Leapaway. 2.40. £BROVESE (S Bowen 13-2) 1; Soldat Forte (11-4) 2; Glen Cannel (5-2) 3. 8 ran. nk, 1½. (M Keighley). Tote: £7.50; £2.10, £1.40, £1.40. Tote Exacta: £28.10. Trifecta: £92.60. CSF: £24.63. NR: Bollywollywotsit. 3.12. MONTE (GUELDO (H Brooke 14-1) 1; Winterwatch (15-8f) 2; Bahtiyar (16-1) 3. 13 ran. ½, ½. (Diliver Greenall & Josh Guerrien). Tote: £20.30, £3.90, £1.20, £3.70. Tote Exacta: £96.80. Tiffecta: £1034.30. CSF: £43.25. 3.40: TED'S FRIEND (M Kendrick 7-1) 1; Cawthorne Lad (11-1) 2; Oscar Montel (5-1) 3. 8 ran. 6-4f Ladykiller. 1¼, 3¼. (F O'Brien). Tote: £3.60. £1.60, £3.20, £1.60. Tote Exacta: £82.80. Tificast: £418.09. Triffecta: £340.30.

£82.80. Tricast: £418.09. Trifecta: £340.30. CSF: £75.56.

182:80. Ilicats. £410.09. Illicats. 2410.09. Illicats. 2410.09. Illicats. 2410.09. Illicats. 2410.19. SAY (Mr B Roberts 5-2f) 1; Simply Red (3-1) 2; Call Blue (16-1) 3. 10 ran. 21, 31, (C. Longsdon). Tote: £3.50; £1.40, £1.30, £5.10. Tote Exacta: £12.20. Ilicats: £94.53. Trifecta: £183.60. CSF: £10.80. NR: Sevenofus. Placepot: £928.40. Quadpot: £20.80.

THIRSK

1.40: FEN TIGER (F. Larson 9-4f) 1; Jenny Ren (17-2) 2; Bigbadboy (33-1) 3; Turbulent Power (28-1) 4, 16 ran. nk, 6½, 1½, (J. Feilden). Tote: \$2.25; £1.20, £2.30, £7.20, £5.60. Tote Exacta: £22.30. Tircast: £547.01. Tiffecta: £458.80. CSF: £22.92. NR: Burnage

Boy.
2.15: THE TWILIGHT LADY (J Hart 8-1)
1; Kodi Dancer (5-1 f) 2; Aurora Glory (33-1) 3; Ladywantaway (50-1) 4. 17 ran. 1,
ns, ns. (R Fell). Tote: £10.60; £2.60, £1.50, £7.80, £10.40. Tote Exacta: £62.30. Tricast: £1358.10. Trifecta: £2395.30. CSF: £47.53. NRs: Barlow Barlow, Doctor Mozart, Glory Call.

Call. 2.50: ROYAL RHYME (C Lee 13-2) 1; In These Shoes (100-30) 2; James Mchenry (11-4) 3, 11 ran. 6-4f Tabaretta. hd, 4½. (K R Burke). Tote: £7.50; £1.60, £1.50, £1.30. Tote Exacta: £32.80. Tiffecta: £134.20. CSF: £28.46.

3.40. 3.20: CHEESE THE ONE (P Mathers 15-2) 3.20: CHESSE THE ONE (P Mathers 15-2); Bomb Squad (2-17) 2; Desert Cat (40-1) 3. 14 ran. hd, 4/k. (R Merzies). Tote: £8.50; £2.20, £1.50, £11.80. Tote Exacta: £26.60. Ticast: £916.48. Tiffecta: £1227.80. CSF: £23.27. NR: Dick Datchery.
3.50: GABRIELLA'S SPIRIT (O McSweeney 100-30) 1; Proclivity (7-4f) 2; Lory (17-2) 3.5 ran. 11, 2/k. (E Alston). Tote: £4.34; £1.70, £1.30. Tote Exacta: £9.00. Tiffecta: £32.20. CSF: £9.60.

SF: £9.60.

4.20: IRRESISTABLE (C Fallon 9-2) 1;

4.20: IRRESISTABLE (C Fallon 9-2) 1; Grey Belle (12-1) 2; Lilikoi (7-4f) 3. 10 ran. 1½, ns. (W Haggas), Tote: £5.50; £2.10, £2.40, £1.20. Tote Exacta: £58.10. Tircast: £134.12. Tiffecta: £273.20. CSF: £59.47. NR: Biplane. 4.50: DEPUTY (C Beasley 5-2f); Blowing Wind (10-1) 2; Zumurud (6-1) 3. 11 ran. 1¼, ns. (M Dods), Tote: £3.50; £1.50, £3.20, £2.20. Tote Exacta: £32.90. Tircast: £143.74. Tiffecta: £231.90. CSF: £30.00.

5.20: FIRST GREYED (P Mulrennan 4-1it f) 1; Northbound (17-2) 2; Langholm (7-1) 3. 10 ran. 4-1jt-f Kats Bob. 2¼, 1¾. (M Dods). Tote: £5.20; £2.10, £3.20, £2.50. Tote Exacta: £41.80. Ticast: £239.80. Tirifecta: £336.00. CSF: £39.64.

Jackpot: Not won. .60. Quadpot: £8.90.

BRIGHTON

BRIGHTON

1.50: WHISTLEDOWN (G Bass 12-1) 1;
Big Bard (7-4f) 2; Pablo Del Pueblo (8-1) 3.

10 ran. nk, 2%. (M Channon). Tote: £13.00;
£2.30, £1.30, £2.00. Tote Exacta: £41.40. Tircast: £189.09. Elo. Tote Exacta: £41.40. Tircast: £189.09. Tiflecta: £290.20. CSF: £33.58.

2.25: INSPIRITED (S Cherchi 6-4) 1; Kyogo (5-6) 2; Smokin Joe (12-1) 3. 5 ran. 4½,
¼%. (M Botti). Tote: £2.25; £1.10, £1.10. Tote
Exacta: £2.60. Tiflecta: £5.10. CSF: £2.62.
3.00: AMGELS ROC (PI Davies 2-191; Habanero Star (6-1) 2; Regulator (16-1) 3. 13
ran. 61, %. (J Boyle). Tote: £3.00; £1.40, £1.70,
£4.60. Tote Exacta: £17.30. Tiricast: £160.37.
Tiflecta: £184.10. CSF: £14.20. NR: Qeyaady.
3.30: ATALANTA BREEZE (H Davies 9-1)

Horse Racing & Sports Tips

ALEX CORRIE

HE IS THE MAN IN THE KNOW

IN 2021 I HAD CLOSE TO MY

BEST CHELTENHAM FESTIVAL AND ROYAL ASCOT MEETINGS

AND I HAVE BEEN TIPPING

RACEHORSES FOR 35 YEARS

DON'T MISS THIS YEAR!

I AM VERY EXCITED ABOUT THIS YEAR AND WILL BE PULLING OUT ALL THE STOPS TO MAKE THIS A YEAR TO REMEMBER MAKE SURE YOU CALL

EVERY DAY!!!

0906 150 5921 (£1.50/min) (Press 1 for UK Racing)

1; Divine Comedy (4-1) 2; Silver Bubble (3-1) 3. 7 ran. 5-2f Rechercher. 21, ½. (M Tregoning). Tote: £11.30; £4.10, £2.50. Tote Exacta: £57.60. Tricast: £133.57. Triffecta: £358.70. CSF: £43.07. NR: Velvet And Steel.
4.00: ROUNDABOUT SILVER (P Bradler). 21-1) 1; Otago (12-1) 2; Platinum Prince (5-6f) 3. 12 ran. ns, ¾. (J Boyle). Tote: £16.00; £3.60, £2.70, £1.10. Tote Exacta: £160.60. Tricast: £224.69. Triffecta: £583.80. CSF: £129.25. NRs: James Jude, Shalfa. Shalfa| Rule 4 applies to All Bets, deduct 5p in the pound.

pound. 4.30: BROXI (N Currie 9-4f) 1; Voodoo Ray

\$214.70, CSF: £21.58.

5.00: LETHAL ANGEL (T Greatrex 7-4f)

1. Jack Ryan (6-1) 2; Sparked (11-4) 3. 8

ran. 294, 21½, (B Johnson), Tote: £2.75; £1.10,

£1.90, £1.30. Tote Exacta: £12.50. Tricast:

£27.11. Trifecta: £35.30. CSF: £12.56.

Placepot: £69.50. Quadpot: £41.30.

KEMPTON

5.30: GUMAIS (D Muscutt 9-4f) 1; Aira Force (11-2) 2; Lake Eloise (10-1) 3. 10 ran. 3¼, 1l. (G Scott), Tote: 53.25; £1.20, £2.20, £2.60. Tote Exacta: £18.60. Tircast: £109.02. Tifecta: £120.70. CSF: £15.62. NRs: Ginny

Trifecta: £120.70. CSF: £15.62. NRs: Ginry Jo, Unagi.
6.00: HILL COVE (R Hornby 14-1) 1; Red Treasure (7-4]:+1) 2; Topo Chico (7-2) 3. 10 role: £17.20; £3.80, £1.10, £1.50. Tote Exacta: £49.50. Tiffecta: £375.80. CSF: £39.39.
6.30: RED N BLUE CANDY (R Kingscote 12-1) 1; Lady Dreamer (13-2) 2; Alexandretta (6-4)3. 11 ran. kt, 1½. (T Dascombe). Tote £14.90; £3.20, £2.10, £1.50. Tote Exacta: £106.30. Tiffecta: £278.70. CSF: £87.96. NRs: A Taste Of Honey. Bloomwithgrace, £arga. 7.00: BONNSIE (C Howarth 5-1) 1; Hunkpapa (9-1) 2; Sydney Mews (5-1) 3. 8 ran. 100-30jt-f starshot, 100-30jt-f starsho

NR: Graph.
8.30: JEWEL IN MY CROWN (C Shep-herd 4-1) 1; Pretty Sweet (9-4) 2; Picual (11-10) 3.4 ran. 34; ½. (R Guest). Tote: 55:20; Tote Exacta: £11:30. Tiffecta: £15:30. CSF: £13:06. NRs: Croachill, Good American.

Placepot: £445.20. Quadpot: £100.60.

GREYHOUND RESULTS

GREYHOUND RESULTS
PERRY BARR. - 11.06 Go Go Dusty 2-1f (6-1-5, £12.76, TC: £34.65). 11.21 Bower Pat 9-4 (3-4-6, £10.36, TC: £40.72). 11.36 Moanteen Lilly 4-1 (2-5-5, £37.78, TC: £92.77). 11.51 Cree Dream 9-2 (4-5-6, £41.38, TC: £152.87). 12.60 Noels Flock 10-11f (1-2-5, £99.57). 11.50 £5.59). 12.21 Crystal Tilly 5-2 (3-4-6, £91.6). 12.36 Porthal Chief 5-f (2-3-6, £19.06, TC: £40.51). 12.51 Swift Launch 6-1 (1-3-2, £25.03, TC: £00.01). 10.6 Pennys Noelle 3-1 (4-5-1, £18.47, TC: £46.22). 12.1 Watch Out Kitty 5-2 (1-2-3, £11.86, TC: £34.55). 1.36 Sahara Jude 6-1 (5-2-6, £36.33, TC: £107.16). 1.51 Shortwood Burpee 11-4 (6-4-1, £10.25, TC: £0.00).

Sahara Jude 6-1 (5-2-6, £36.33, TC: £107.16).
15.1 Shortwood Burpee 11-4 (6-4-1, £10.25, TC: £0.00).

SWINDON. - 11.13 Hackattack 10-3 (4-6-2, £8.71, TC: £14.99), 6-4-2, £8.48, TC: £14.59).
11.28 In It To Win It 5-2 (1-3-5, £8.89, TC: £28.97), 11.43 Clear Lake 6-5f (4-1-5, £10.51, TC: £37.45). 11.58 Race Void. 12.13 Ashway Pearl 9-2 (3-6-1, £19.18, TC: £55.05). 12.28 Bundee Paddy Aki 5-4f (2-4-5, £9.47, TC: £25.25). 12.43 Clorane Arrhur 6-4f (1-4-2, £16.46, TC: £34.98). 12.58 Ashway Daisy 6-1 (1-4-5, £71.87, TC: £255.79), 1.13 Moreton Fox 11-10f (1-3-2, £6.94, TC: £15.36). 12.8 Moreton Mischief 3-1 (3-1-5, £12.99, TC: £27.17). 1.44 Ashway Eddie 7-2 (4-2-3, £17.20, TC: £56.10), 1.59 Ballymac Mags 2-1 (2-4-6, £17.80, TC: £31.77). SHEFFIELD. -2.04 Worsbor Love 7-4ft (3-2-5, £5.47, TC: £15.11), 2.19 Brolly 5-2 (3-4-6, £21.09, TC: £56.31), 2.36 Race For Grace 4-5f (6-2-3, £4.92, TC: £1.38, 2.54 Slippy Kemp 4-1 (6-1-3, £15.01, TC: £34.18), 3.09 Blueig Badger 11-8f (4-3-1, £50.6, TC: £27.40, 3, TC: £60.00), 4.04 Rhoden Georgia 5-2ft (3-6-4, £17.34, £8.91, TC: £25.55, 1.33 Glatelodge Kyoto 4-1 (5-4-6, £17.83, TC: £31.48).

Mirror Mirror

QUEEN'S HORSES ON HOLD

Royal trainers withdraw runners as mark of respect

BY CHRIS GOULDING

ROYAL trainers have withdrawn their horses from engagements this week as a mark of respect to The Queen.

Juryman, Mellow Yellow, Reach For The Moon and Spring Is Sprung have all been taken out their intended races.

This year Her Majesty celebrated 21 winners from the 39 horses who carried her famous silks. King's Lynn was her most notable winner in the Temple Stakes.

As for the future of the roval racehorses. John Gosden, who received an

OBE from The Queen in 2017, said: "Of course. nothing is forever - we sort of thought it would be, it seemed The Queen was immortal.

"But I think King Charles and Camilla, his wife, she's very keen on horses, hopefully the great tradition of the royal family will continue."

Gosden, responsible for training 13 winners for The Queen, gave an insight into that honour. "I remember very well when she saw Enable at our stables," recalled Gosden.

"Frankie Dettori was here, aside for her trainers."

and decided to be the master of ceremonies. So when Enable was brought round, Frankie looked at Enable and said, 'You may think you're the Queen, but this is the real Queen!'

"Her Majesty found that very amusing."

Gosden will miss the telephone calls to Her Majesty on the day she had a runner.

He said: "For us it was very thrilling to talk one-to-one like that. knowing that 15-minute period in her incredibly busy day, that she had set



...D Muscutt 68 SS D Muse... . S M Levey -

T Marquand 63 G ..David Egan ●73 ST

......D Muscutt 85 STC Howarth (5) ●89 GS M Levey 83 ST ...R Clutterbuck (3) 88 GFS Sayette (3) 85 GS James 82 GSS James 82 GSW Buick 86 G

........ H Doyle 84 ST R Havlin 84 GDavid Egan 87 G

R Hay W Ruick 65 SS

NEWSBOY'S DAILY DOUBLE

YARMOUTH course and distance winner TARHIB (4.30, nap) is ready to see the winners' enclosure once again in the six-furlong Bob Hunt's Race Day Fillies' Handicap (4.30).

The four-year-old returned to action after a wind op at Chelmsford last month, when second to Princess Shabnam, who has since won a Listed event at Pontefract.

PRAIRIE FALCON (2.53, nb) can score for in-form trainer Michael Dods in the Market Cross Jewellers **Nursery Handicap over** seven furlongs at

YARMOUTH JACKPOT MEETING

NEWSBOY 1.35 FORESEEABLE FUTURE 2.10 PROVERB 2.45 BEECHWOOD MICK

3.20 TIMEWAVE 3.55 LAND OF EAGLES 4.30 TARHIB (NAP) 5.03 STONE CIRCLE

BOUVERIE

1.35 FORESEEABLE FUTURE 2.10 PROVERB

2.10 PROVERB 2.45 BEECHWOOD MICK 3.20 CORSICAN CAPER 3.55 STORM CASTLE

5.03 HAVEONEYERSELF

GOING: Good to Soft.
COURSE: Left-handed oval, flat, galloping track of 1m 4f, straight mile course.
DRAW: High numbers best on the straight course.
TOP TRAINERS: J. 8.T Gosden 45-132 (34.1%), W Haggas 32-139 (23.0%), C Wall 24-132 (18.2%), W Haggas 32-139 (23.0%), C Wall 24-132 (18.2%), 31 (14.0%), D M Simcock 18-111 (16.2%), S C Williams 17-177 (9.6%), C Dwyer 16-83 (19.3%), M Appleby 15-186 (8.1%), G Kelleway 14-85 (16.5%), Sir M Stoute 14-70 (20.0%), Ton Clover 12-94 (12.8%), G Margarson 11-81 (13.6%), J Chapple-Hyam 11-68 (16.2%), W Stone 11-52 (21.2%), E Dunipp 10-117 (8.5%), Miss A Murphy 10-73 (13.7%), C Dunnett 9-179 (5.0%), G Boughey 9-40 (22.5%), S & E Cristord 9-41 (22.0%).

9-17/9 (5.0%), G Boughey 9-40 (22.5%), S & E Crisford 9-47 (22.0%).

TOP JOCKEY'S: Jamie Spencer 32-145 (22.1%), Hollie Doyle 30-121 (24.8%), Jack Mitchell 29-165 (17.6%), Tom Marquand 28-148 (18.9%), Bobert Havlin 25-122 (20.5%), William Buick 23-106 (21.7%), Daniel Muscutt 19-15 (12.2%), David Egan 16-166 (9.6%), Jim Crowley 14-76 (18.4%), Hayley Turner 10-96 (10.4%), Tom Uselly 10-115 (8.7%), Cieren Fallon 7-88 (8.0%), John Egan 5-67 (7.5%), Cieren Fallon 7-88 (8.0%), John Egan 5-67 (7.5%), Martin Harley 4-51 (7.8%), Brott Sayettle 4-38, Martin Harley 4-51 (7.8%), Froderick Larson 2-15 (13.3%), Christian Howarth 1-15 (6.7%), Collen Storey 1-8 (12.5%).

(12.5%).

TRAINER TARGETS (won today's race at least twice in last 10 years): D M Simcock won the 2.10 in '19 and '21. R Cowell won the 5.03 in '20 and '21.

the 5.03 in 20 and 21.

IST TIME BLINKERS: None.
CHEKPIECES: 1.35 Chanson D'Amour,
Enchanted Night, Glen Etive", 2.45 Barlow Barlow*,
Top Of The Class*, 4.30 Hello Me, 5.03 James Watt.
TONGUE STRAPS: 1.35 Glen Etive*, Portlete

TONGUE STRAPS: 1.35 Glen Etive*, Portlete

Defalera 2.10 Park Kestrel, Soartan Arrow*, TONGUE S I FIAPS: 1.33 cited Late 1, 18 stages 1, 18 stages 2, 10 Dark Kestrel, Spartan Arrow*, 3.20 Dance Havana, 3.55 Land Of Eagles*, Tarbaan, 4.30 Dora Penny, 5.03 Colombe, Jack The Truth, Shanko*, The Defiant. (*=1st time).

1ST TIME HOODS: 2.10 Ararat. PROFITABLE RACES FOR FAVS: 5.03.

4 A CHY COOPE DACING CHY 445 HANDIGAD (C) E4

DIONYSIAN S C Williams 9-7..... 7 RAMENSKY (18) W Haggas 9-7... 023 CHOURMO (24) M Channon 9-5...

BETTING: 4 Admiralty House, 5 Magical Mile, 11-2 Glen Esk, 6 Storm Castle, 7 Kaar Capstan, Raajil, 10 Land Of Eagles. 2021 No corresponding race

4.30 BOB HUNT'S RACE DAY FILLIES' HANDICAP (3) 6f Winner £7,560 (8 run)

| SKY SPORTS RACING SKY 415 HANDICAP (6) 51 STOP | | |
|---|------|-----|
| 1.35 SKY SPORTS RACING SKY 415 HANDICAP (6) 57 Winner £3,726 (13 run) | 0 | |
| 1 (6) 321162 FORESEEABLE FUTURE (7) (V) R Carr 7 9-10 (C, D) (SF)B Sayette (3) | ₽72 | ST |
| 2 (13) 575476 MEHMO (35) (V) C Dunnett 4 9-10 (D) | 71 | GF |
| 3 (4) 326555 NAVY DRUMS (15) (H) R Cowell 4 9-8 | 64 | GS |
| 4 (8) 634240 PORTELET BAY (70) (V) P Evans 4 9-7 (BF, C) (F) | 69 | G |
| 5 (1) 423346 AMASOVA (10) Alice Haynes 4 9-6 (D) (EW) | 69 | ST |
| 6 (12) 592028 FOR PEAT'S SAKE (10) (V) M Appleby 4 9-5 (D) F Larson (5) | | |
| 7 (7) 609965 CHANSON D'AMOUR (19) P Charalambous & J Clutterbuck 3 9-1 M Harley | 64 | G |
| 8 (11) 6-0876 PRIVILEGE (19) R Cowell 4 8-13 | 57 | GF |
| 9 (9) -66573 SWELL SONG (41) (V) R Cowell 6 8-10 | 64 | ST |
| 10 (5) 684458 ENCHANTED NIGHT (19) C Dunnett 4 8-9Collen Storey | 66 | |
| 11 (10) RO-786 ROBERT FROST (35) T Kent 5 8-9 | 55 | ST |
| 12 (2) 700487 NEMORUM (23) (B) T Kent 3 8-8 | 63 | ST |
| 13 (3) 89047 GLEN ETIVE (35) W Jarvis 3 8-8 | 66 | ST |
| BETTING: 3 Foreseeable Future, 9-2 Portelet Bay, 5 Amasova, 13-2 For Peat's Sake, | 12 N | avy |
| Drums, 14 Nemorum, Glen Etive, Enchanted Night. | | |
| 2021: SNOW BERRY 3 8 9, Callum Shepherd 12-1 (M Appleby), drawn (7), 8 ran. | | |

56 77 -

1 (12) 2 (5) 3 (15) 4 (4) 5 (6) 6 (1) 7 (10) 8 (2) 9 (9) 10 (7) 3 DICKO THE LEGEND (17) Joseph Parr 9-7....
GLOBAL VOLITION C Dwyer 9-7....
MO JITO BOY C Hills 9-7....
2 PROVERB (17) G Boughey 9-7 (SF)
9 REWILDING (40) R Cowell 9-7.
89 SKYBLUE EXPERT (10) Alice Haynes 9-7....
SPARTAN ARROW S & E Crisford 9-7 (EW)...
0 SPEZIATO (15) K P De Foy 9-7....
SENWAN W Haggas 9-7 (F)
ZOOLOGY J Ferguson 9-7....
59 SPEEDWELL (13) Alice Haynes 9-2.....
7-4 Proverb, 4 Dicko The Legend, 6 Spartan AirH TurnerH Doyle .. C Howarth (5) ...David Egan M Harley .. DOUBTFUL

... G Downing 73

PRO-BET No het today

SINGLE-SHOT STAR

(Top in-form jockey with just one booked ride) Jim Crowley: TARHIB (4.30 Yarmouth)

Buttsbury Lady

TODAY'S ABC GUIDE TO FOUR UK MEETINGS

REDCAR - RE UTTOXETER - UT

GREYHOUND COMMENTARIES AND RESULTS

*plus your telephone company's network access charge. 18+ only. SP:Spoke Helpdesk: 0333 202 3390



WOLVERHAMPTON YARMOUTH - YA Abravaggio Addosh Amasova Amgel Of Antrim Angel's Voice Angle Land Another Angel Arabist Ararat As If By Chance As If By Chance
Balearic
Baliyad
Band Of Steel
Barlow Barlow
Bbob Alula
Beechwood Mick
Belle Na Bann
Belsito
Ben Macdui
Benadalid
Bertie's Wish
Blue Jane
Bluebella
Bold Territories
Bolsover Bill
Bond Power
Brains

Cabayo Lady
Canelo
Capstan
Captain Howse
Chanson D'Amo
Charlie My Boy
Charming Kid
Chef De Troupe
Chourmo
City Vaults
Clean Getaway
Colombe
Come On John
Contrast Corsican Caper Cosmos Raj Cremant Cumulonimbus Cumulonimbus Daafr Dance At Night Dance Havana Dance Havana
Dark Crusade
Dark Kestrel
Dawn Vega
Dayman
Denable
Desert Quest
Dev Of Tara
Dicey Rielly
Dicko The Leg
Dionysian
Discomatic

2021: ARAIFJAN 4 9 4, Grace McEntee(5) 12-1 (R Cowell), drawn (7), 8 ran.

Timewave Top Drawer Top Of The C Topofthecot Torino Torino
Translink
Trojan Truth
Twilight Guest
Uncle Jumbo
Unplugged
Valentine Blues
Vertice
Virgo
War Treaty
Wentworth Falls
Western Stars
What A Dude
Whatwouldyoukn
Winding Roe
Wolf Of Oxshott
Zebra Star
Zim Baby
Zivaniya
Zilatan

Han Solo Berger
Hana Collonges
Harbour Vision
Harmonious
Havenonious
Havenoneyerself
Hello Deira
Hello Deira
Hello Deira
Hello Deira
Hello Deira
Hello Bera
Hello Bera
Hello Bera
Hot Day
Hulton Ranger
Imaginary World
Impeller
Indiana Be
Inexplicable
It is liva
It just Takes Time
Jakt The Truth
James Watt
Jamih
Jaxta
Jordan Electrics
Josies Kid
Judge Earle
Just Call Me Al
Kaaranah
Keep It Brief
Kingmania
Kinondo Kwetu
Kitt Gabriel
Kit Gabriel
Kitten's Dream
Kindelperker Double O "Double O" Dreams Adozen Dreams Adozen Dreams Adozen Dreams Meel Duchray Durrayh Dramain Talent Eagle Prince Enchanted Might Every Breakin War Fairbanks Fancfful Arantomas Fenno's Soldier Frine By Me For Peat's Sake Forceful Speed Foreseable Putur Fordyable Fortunate Star Fortunes Melody Fox Hill Gentleman Valley George Bancroft Getthepot Glasstrees Glen Esk Glen Etke Global Volition Gozo Grandfather Tom Grandfather T Oh So Chic Old News Once Adaay Oso Rapido Outreach Overland Pacino Perfect Play Pillar Of Hope Pillar Of Steel Poet Saint Peter
Salonica
Samara Star
Save The World
See The World
See The World
See Shawaag
She's Centimental
Shetland Bus
Shine On Brendan
Shiyrvann
Silverdale
Simulation Theory
Sir Tivo
Spartan Frow
Spartan From
Spa Proverb Purple Reign Qaaraat Quartz Du Rheu Raajil Ramensky Red Happy Red Vision

NEWSBOY
1.43 RUSSIAN VIRTUE
2.18 THANKUAPPRECIATE
2.53 PRAIRIE FALCON (NB)
3.28 FORGIVABLE
4.03 RUNNINWILD
4.38 FANCIFUL
5.10 PURPLE REIGN

BOUVERIE
1.43 BY YOUR SIDE
2.18 LADY JANE GREY
2.53 HELLO DEIRA (NAP)
3.28 BENADALID
4.03 WENTWORTH FALLS
4.38 FANCIFUL
5.10 JAMIH

GOING: Good to Soft-Good in places.
COURSE: Left-handed galloping, oval track of time ft. round course joins the straight just over 51

Im 6r, round course joins the straight just over of from the finish.

PRAW: High numbers best on the straight course.

TOP TRAINERS: T Easterby 49-559 (8.8%),
D 0 Meara 37-264 (14.0%), W Haggas 27-62
(33.9%), M Dods 18-238 (7.6%), C & M Johnston
B-130 (13.8%), D Carroll 17-99 (17.3%), N Tinkler
17-194 (8.8%), K R Burke 13-130 (10.0%), K Ryan
12-121 (9.9%), R FI II-129 (6.5%), R Natran 11-34
(32.4%), B Smart 8-99 (8.1%).

TOP JOCKEYS: Daniel Tiudhope 30-152
(19.7%), David Allan 30-275 (10.9%), Jason Hart
26-197 (13.2%), Ben Curtis 19-136 (14.0%), Kevin
Stott 18-155 (11.6%), Graham Lee 18-210 (8.6%),
Cornor Beasley 18-176 (10.2%), Paul Mulrennan 15-163 (9.2%), Paul Hanagan 15-137 (10.9%), Andrew
Mullen 14-174 (8.0%).

TRAINER TARGETS (won today's

Mullen 14-174 (8.0%).
TRAINER TARGETS (won today's race at least twice in last 10 years): T Easterby won the 4.03 in '16 and '21.
1ST TIME BLINKERS: 4.38 It Is Now.

CHEEKPIECES: 1.43 Bold Territories, Virgo, 4.03 Ben Macdui, Fox Hill, Impeller, Uncle Jumbo, Wentworth Falls, 4.38 Noteable*, 5.10 Jamih, Oh So Chic, Purple Reign.

TONGUE STRAPS: 1.43 Royal Prospect, Simulation Theory, 2.53 What A Dude, 4.03 Impeller, Simulation Theory, 2.53 What A Dude, 4.03 impende 4.38 Lady Pascha*. (*=1st time).

PROFITABLE RACES FOR FAVS: 5.10.

TOP DOG'S BEST

TOP DOG'S BEST

PERRY BARR: 11.06 Heathmill Emer (1-4-6) 11.21 Lakeview Fawn (1-3-4) 11.36 Arizona Duke (3-4-5) 11.51 Aghadown Buick (2-1-5) 12.06 Beechwood Melody (2-6-3) 12.21 Foxwood Paddy (6-5-1) 12.36 Playa Del Norma (3-1-2) 12.51 Halleys Bunch (6-3-1) 1.06 Tree-house Jam (3-1-6) 1.21 Faydas Truffle (3-1-2) 1.36 Staneyside Annie (Nap) (5-1-4) 1.51 Killmoney Mol (3-6-1). KINSLEY: 11.13 Russanda Moon (1-6-5) 11.23 Jaguar Tod (2-3-1) 11.43 Indiana Sun (2-1-4) 11.58 Haka Melody (3-2-1) 12.13 Ballymac Foxrock (2-1-5) 12.28 Paradise Avel (6-5-3) 12.43 Classy Chloe (2-3-5) 12.58 Temmana Diva (Nap) (1-2-4) 1.13 Prince Bobby (2-1-3) 1.28 Footfield Sam (5-6-2) 1.44 Fearmore Coin (1-4-6) 1.59 Highview Matiliad (2-1-5). SUNDERLAND: 2.04 Minnies Voga (6-4-2) 2.19 Laurens Layla (Map) (2-6-5) 2.36 Noirs Snipe (5-1-4) 2.54 Moss Row Monser (3-5-6) 3.09 Wee Bull Brady (1-4-3) 3.26 Big Time Vicky (1-2-3) 3.44 Pavilion Hawkeye (1-6-2) 4.05 Emilys Lily (2-5-4) 4.23 Autumn Defender (1-6-3) 4.43 Rackethall Ruth (3-4-5) 5.03 Bay City Pinto (1-5-3) 5.22 Leave Behind (4-1-3).

BOUVERIE

REDCAR

1.43 RACING TV CLUB DAY APPRENTICE HANDICAP
(5) 1m Winner £4 266 (10 min)Mikkel Mortensen (7)

2021: No corresponding race.

2.18 REDCAR RACECOURSE CELEBRATES NATIONAL RACEHORSE WEEK RESTRICTED NOVICE STKS (5) (2Y0) 5f £4,050 (7 run)

2.53 MARKET CROSS JEWELLERS NURSERY (4) (2-Y-0) 7f

224 HELLO DEIRA (11) Owen Burrows 9-9 (BF) (SF) ... K Stott 85 GF 4242 PRINCE NABEEL (19) K R Burke 9-8 (BF) ... C Lee 81 G 83913 PRAIRIE FALCON (19) M Dods 9-5 (D) (F) ... T Eaves 84 GF 243 INDIANA BE (32) Eachtel) 9-4 (EW) ... D Tudhope 81 G 285 LORD SAM'S CASTLE (20) (V) I Jardine 9-3 ... A Mullen ●86 GF R Scott 84 G
S Gray 80 GF
D Allan 80 G
K Schofield (5) 83 G BETTING: 11-4 Hello Deira, 9-2 Prince Nabeel, 5 Indiana Be, 6 Prairie Falcon, 7 What A Du 10 Nightout, 12 Double O, Lord Sam's Castle, 14 War Treaty.

2021: No corresponding race

3.28 JOIN RACING TV TODAY HANDICAP (4) 1m 2f

LONGEST TRAVELLER

By road, Lambourn, Berkshire-based **Owen Burrows** sends **HELLO DEIRA** (2.53) on a 257-mile trip to **Redcar.**

WOLVERHAMPTON

NEWSBOY

NEWSBOY
5.25 HARBOUR VISION
6.00 BAND OF STEEL
6.30 PERFECT PLAY
7.00 KITTEN'S DREAM
7.30 ROCKET YOG!
8.00 SHE'S CENTIMENTAL
8.30 GLASSTREES
ROLIVEPUE

BOUVERIE 5.25 POINT LOUISE 6.00 FAIRBANKS 6.30 PERFECT PLAY 7.00 CAPTAIN HOWSE 7.30 KIT GABRIEL

8.00 GLOBAL EFFORT 8.30 VALENTINE BLUES

GOING: Standard.
COURSE: Left-handed, very tight Tapeta
all-weather track of 1m, with a 330yd run-in. Races
over 6f and 7f start on separate chutes.
DRAW: Little effect.
TOP TRAINERS: PEvans 73-639 (11.4%), C
8. M Johnston 71-503 (14.1%), M Appleby 67-618
8. M Johnston 71-503 (14.1%), M Appleby 67-618
8. M Johnston 71-503 (14.1%), M Appleby 67-618
8. M Johnston 71-503 (14.1%), D Loughnane
62-524 (11.8%), A Brittain 53-527 (10.1%), R
Hannon 48-363 (13.2%), R Falley 45-470 (9.6%),
J Butler 42-394 (10.7%), J Tate 41-206 (19.9%),
A Balding 34-196 (17.3%), Halmer 33-144
(22.9%), I Furtado 29-275 (10.5%), A King 27-166
(16.3%), G Boughey 23-142 (16.2%), Sr M Prescott
23-164 (14.0%), I Williams 21-250 (8.4%), E Dunlop
18-201 (9.0%), B Ellison 18-156 (11.5%), S Kirk
17-181 (9.4%).

18-201 (9.0%), B Ellisson 18-156 (11.5%), S Kirk 17-181 (9.4%).

TOP JOCKEYS: Luke Morris 109-1105 (9.9%), Richard Kingscote 103-700 (14.7%), David Probert 93-794 (11.7%), Rossa Ryan 75-399 (18.8%), Cam Hardie 61-755 (8.1%), P J McDonald 59-404 (14.6%), Callum Shepherd 51-415 (12.3%), Kieran O'Neill 39-411 (9.5%), Rob Hornby 29-256 (11.3%), Joey Haynes 24-309 (7.8%), Alistair Rawlinson 23-207 (11.1%), Callum Rodriguez 22-133 (16.5%), Liam Keniry 20-338 (5.9%), Phil Dennis 19-277 (6.9%), Chraite Bennett 15-217 (6.9%), Chraftes Bishop 14-178 (7.9%), Grace McErtee 14-136 (10.3%), Stefano Cherchi 14-143 (9.8%), Dane O'Neill 13-58 (22.4%), Pat Cosgrave 12-96 (12.5%). TRAINER TARGETS (won today's race at least twice in last 10 years): None.

1ST TIME BLINKERS: 6:30 Manifested. CHEEKPIECES: 5.25 Hot Day, Lady Ziana, Marquis O'York', 7.00 Harmonious, Masster Grey, Samara Star", 7.30 Kit Gabriel, Poet, 8.30 Glasstrees, Suanni*.

Glasstrees, Suanni*. **TONGUE STRAPS:** 5.25 Inexplicable, 7.00
Saint Peter, 7.30 Dynamic Talent, 8.30 Charming

Stanting Video Committee C

FORM 4

Little State Sta ...C Hutchinson (5) 67C Murtagh 65R Kingscote 64 3 (12) 745506 WHATWOULDYOUKNOW (16) N Tinkler 7 9-10 (CD) R Kingsc 4 (13) 505232 HARBOUR VISION (10) (1) SIDXOR 7 9-10 (SF) K O'N 5 (7) 22053 SALONICA (13) 6 Boughey 3 9-7 D Prob 6 (2) 74-680 MARQUIS OF YORK (19) R Fahey 3 9-7 Oisin 7 (5) 384534 POINT LOUISE (19) H Dunlop 4 9-7 (CD) SOSDORNE 8 (10) 14-855 PACINO (15) P Morris 6 9-6 (C) L Ken 9 (1) 934639 SILVERDALE (52) J Portman 3 9-6 R Horr 10 (3) 031989 KODEBREAKER (19) K Ryan 3 9-5 OK CONTROL 10 (1) 15 (1) ... S Osborne (3) ●69H Davies (3)

ETTING: 11-4 Gozo, 3 Band Of Steel, 9-2 Imaginary World, 13-2 Fairbanks, 7 Dreams Adozen, 10 Zivaniya, 20 Dawn Vega, Angel's Voice.

202: MAJESTIC FIGHTER 9 5, James Doyle 6-1 (H & R Charlton), drawn (6), 8 ran.

| Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Color | Colo BETTING: 15-8 Perfect Play, 5-2 Divina Grace, 9-2 Forceful Speed, Manifested, 15-2 Eagle Prince. 2021: ASTAROTH 9 7, Saffie Osborne(5) 5-4 Fav (J Osborne), drawn (6), 6 ran.

8 (7) 087763 SAINT PETER (13) (8) S Kirk 3 8-5 K O'Neill 59 ST BETTING: 9-4 Captain Howse, 5-2 Kitten's Dream, 11-4 Master Grey, 10 Harmonious, Saint Peter, 20 Arabist, 25 Chef De Troupe, Samara Star. 2021: ROBEAM 5 9 10, Ben Robinson 7-1 (8 Ellison), drawn (5), 12 ran.

| A | A | Capta |

BETTING: 15-8 Fanciful, 4 Proclivity, 9-2 It Is Now, 11-2 Noteable, 6 Laconic, 8 Lady Pascha.

5.10 WATCH REPLAYS ON RACINGTY.COM HANDICAP (6) 1m 6f Winner £3.456 (12 run)

10 (11) 15-6 **MILBANKE** (19) K R Burke 3 9-6 (CD) ...

DM1ST

STAT OF THE DAY

Trainer William Stone and jockey Hollie Doyle have a 38 per cent strike rate when teaming up at Yarmouth – 3 wins from 8 runners for a level-stake profit of +£57.25pts. So look out for ROMANTIC TIME (4.30).

7.30 SKY SPORTS RACING HD VIRGIN 535 HANDICAP (4) 7f Winner £5,508 (12 run)

BETTING: 7-2 Dynamic Talent, 9-2 Dayman, 11-2 Kit Gabriel, 13-2 Rocket Yogi, 15-2 Manhattanville, 8 Al Shibli, 14 Daafr, Brains.
202: MOTORIOUS 3 9 10, Daniel Muscutt 6-4 Fav (S C Williams), drawn (6), 8 ran.

1 (5) 2 (4) 3 (6) 4 (7) 5 (2) 6 (1) 7 (3) J Haynes 63 ST K O'Neill 74 ST

BETTING: 11-4 Glasstrees, 3 Minhagi, 13-2 Valentine Blues, Shawaag, Million R Suanni, 16 Qaaraat, Charming Kid, Another Angel.

TODAY'S FAB 4 TIPS

NORTHERNER'S NAP PERFECT PLAY (6.30 Wolverhampton) TOPSPOT LAURA BULLION

(7.00 Wolverhampton) SPEEDHORSE

UTTOXETER

NEWSBOY 1.50 BALEARIC 2.25 THRONE HALL 3.00 CREMANT 3.35 DENABLE 410 RFD HAPPY

5.17 RED VISION

1.50 MONTY'S AWARD 2.25 THRONE HALL 3.00 CREMANT (NB) 3.35 HENRII F BON 4.10 SHETLAND BUS 4.45 ADDOSH 5.17 RED VISION

GOINC: Good.
COURSE: Left-handed oval course of 1 m 2f, there are ten fences per circuit and a run-in of 300 yards. TOP TRAINERS: 0 Murphy 27-146 (18.5%), F O'Brien 27-175 (15.4%), Jonjo 0'Neill 62-198 (13.1%), D rR Newland 25-105 (23.8%), N Henderson 21-86 (24.4%), H Fry 21-77 (27.3%), D McCain 19-126 (15.1%), N Multholland 17-145 (11.7%), D File F1-111 (15.3%), IST RUN SINCE WIND OP: 2.25 Sir Tivo, 5 17 George Bancorth.

5.17 George Bancroft.

1ST TIME BLINKERS: 3.35 Torino.

PROFITABLE RACES FOR FAVS: None.

TOP JOCKEYS: Sean Bowen 36-199 (18.1%), Sam Twiston-Davies 30-177 (16.9%), Brian Hughes 25-148 (16.9%), Tom Scudamore 21-158 (13.3%), Gavin Sheehan 71-114 (14.9%), Stan Sheppard 12-73 (16.4%), Sean Quintan 12-149 (8.1%). CHEKPIECES: 1.50 Milanes Rose, 3.00 Bolsover Bill, 335 Keep It Brief, 4.10 Sheltand Bus*, 4.45 Lady Reset, 5.17 Every Breakin Wave. TONGUE STRAPS: 1.50 Oreltman Valley*, 2.25 Three Palaton*, 3.00 Cremant, 3.35 Keep It Brief*, 4.10 Red Happy, Sheltand Bus, 4.45 Fortunes Melody, 5.17 Dev Of Tara*, Every Breakin Wave, Just Call Me Al, Manor Park, Red Vision*. (*=1st time).

| 1.50 CAZOO CONDITIONAL JOCKEYS' HANDICAP HURDLE (5) 2m 7f Winner £4,684 (16 run) | |
|--|---------|
| 1 217U/5 WINDING ROE (21) D McCain 8 12-2 (D)T Gillard (3) 70 | _ |
| 2 9-46PU ROCK THE HOUSE (10) 0 Murphy 7 12-2 | |
| 3 6/1P6- GENTLEMAN VALLEY (241) B Pauling 6 12-1Luca Morgan (3) 103 | |
| 4 422 DREAMWEAVER (22) Dr R Newland 6 12-1 | |
| 5 3292 BALEARIC (26) Jonjo O'Neill 4 11-6 | |
| 6 0677-1 FINE BY ME (46) N Twiston-Davies 5 11-5 (D) (F) | |
| 7 49-419 HANA COLLONGES (90) N Henderson 5 11-4 | |
| 8 132332 ROBEAM (27) M Mullineaux 6 11-4 (EW) | |
| | 1 SH |
| 10 P6011- THE QUESTIONER (166) O Greenall & J Guerriero 6 11-1 (SF) Toby Wynne (6) 10- | |
| 11 -63764 MONTY'S AWARD (26) A Irvine 10 10-12 (D) | |
| 12 610-23 MISS BAMBY (49) J Mackie 7 10-11 | |
| 13 076-59 CABAYO LADY (46) (H) Deborah Cole 5 10-2 | |
| 14 P-5574 TOP DRAWER (46) Tracey Leeson 8 10-2 | |
| | 8 GS |
| 16 909-98 THAT'S MY DUBAI (15) J K Hunter 9 10-2 Emma Smith-Chaston 8 | I GS |
| BETTING: 4 Fine By Me, 5 The Questioner, 11-2 Dreamweaver, 7 Gentleman Valley, 8 Bal | |
| 10 Miss Bamby, 12 Robeam, 14 Rock The House, Milanese Rose, Hana Collonges. | cai it, |
| 2021: No corresponding meeting. | |

| 2 2 | QUINNBET DAILY FREE BET NOVICES' | HURDLE (GBB RACE |) (4 | (|
|--------------------|---|--------------------------|--------|----|
| L.L 3 | QUINNBET DAILY FREE BET NOVICES' 2m Winner £4,901 (10 run) | • | • | Ť |
| 1 007- | 4 CHARLIE MY BOY (49) J R Jenkins 5 11-0 | K Brogan | - | |
| 2 6/P-6 3 -U321 | 7 MILFOLHAS HAS (22) P Bowen 6 11-0 | J Bowen | - | |
| | 4 SIR TIVO (57) G Hanmer 8 11-0 (D) (SF) | S Bowen | - | |
| 4 : | 3 THE TRADER (31) S England 6 11-0 (EW) | J England (| 27 | G |
| 5 | THRONE HALL (F38) A Watson 5 11-0 (F) | G Sheehan | - | |
| 6 | DANCE AT NIGHT (F150) N Twiston-Davies 4 10-12 | J Neild (7) | - | |
| 7 | FENNO'S SOLDIER M Walford 4 10-12 | | - | |
| 8 | SHIYRVANN (F87) S Edmunds 4 10-12 | C Gethings | - | |
| | THREE PLATOON (F30) R Menzies 4 10-12 | N Moscrop | - | |
| 10 | BLUEBELLA T Lacey 4 10-5 | S Sheppard | - | |
| BETTING: 6- | 4 Throne Hall, 9-4 Sir Tivo, 8 Dance At Night, 12 | Shiyrvann, 14 The Trader | r, Thr | ee |
| Platoon, 16 | Bluebella, 20 Charlie My Boy. | | | |
| 0.00 | CHINNET COM NOVICES' HANDICAD | CHVCE (2) 5m | | |

| 7 | | CONTRACTOR NOTICES, HANDICAL CHA | 12F (2) 3W | | |
|-----|------------|---|------------------------|------------|------|
| J | .UU | Winner £4,901 (6 run) | | | |
| 1 | -31332 | CREMANT (22) N Mulholland 8 12-0 (BF, D) (SF) | . S Twiston-Davies | 106 | GS |
| 2 | 0-1232 | GETTHEPOT (31) F O'Brien 7 11-11 (F) | K Woods | 105 | FM |
| 3 | 48-426 | DICEY RIELLY (15) P Bowen 5 11-9 | Bowen | 94 | GF |
| 4 | 844P-P | FANTOMAS (128) N Twiston-Davies 6 11-6 | F Lambert (7) | 87 | GS |
| 5 | 91-774 | BOLSOVER BILL (12) W Greatrex 5 11-3 (D) | H Brooke | 87 | FM |
| 6 | 636446 | LIL CODEY (26) B Barr 6 10-13 | A Cheleda (5) | - | - |
| BET | TING: 15-8 | 3 Cremant, 2 Getthepot, 5 Dicey Rielly, 8 Bolsover Bi | ill. 10 Fantomas. 12 I | il Co | dev. |

| • | 25 | QUINNBET NOVICES' HANDICAP HURDLE (5) 2m Winner £4,466 (13 run) | | |
|-----|------------|--|-------|------|
| • |).33 | Winner £4,466 (13 run) | | |
| 1 | | MARTALMIX'JAC (44) M Rowley 5 12-0 A Edwards (3) | 98 | G |
| 2 | 5846-4 | CLEAN GETAWAY (133) P Kirby 5 12-0 | 96 | G |
| 3 | 73-3 | SYR MAFFOS (122) T Lacey 4 12-0 | 82 | GF |
| 4 5 | 67683- | BRAVETHEWAVES (174) O Greenall & J Guerriero 5 11-13 H Brooke | 94 | G |
| 5 | | DENABLE (49) A Carson 6 11-12 (D) (EW)B J Powell | | |
| 6 | 07/5 | BBOB ALULA (24) W G M Turner 7 11-10 H Kimber (5) | 96 | GF |
| 7 | 97-532 | HENRI LE BON (53) (B) Kerry Lee 7 11-10 (F) A Cheleda (5) | 99 | S |
| 8 | -6P711 | BELLE NA BANN (8) N Mulholland 6 11-8 (SF) T Scudamore | 92 | GS |
| | 6/860- | KEEP IT BRIEF (F24) R Phillips 5 11-7 T Bellamy | 95 | |
| 10 | 9085-1 | BALIYAD (10) M Sheppard 7 11-7R Patrick | 93 | |
| 11 | | LUNA DORA (113) T Symonds 5 10-5 B Poste | 95 | G |
| 12 | | TORINO (12) (B) O Greenall & J Guerriero 4 10-2Toby Wynne (7) | | |
| 13 | 9996-8 | BRYANWOOD (86) B J Llewellyn 4 10-2Charlie Price (3) | 84 | G |
| BE | TTING: 9-4 | 4 Belle Na Bann, 3 Denable, 6 Henri Le Bon, 8 Baliyad, 10 Syr M | affos | , 14 |

| Brave | ethewave | es, 16 Luna Dora, Clean Getaway, Bbob Alula. | | |
|-------|----------|--|------|----|
| Λ | 10 | QUINNBET BEST ODDS GUARANTEED HANDICAP CHASE (3 6f 108yds Winner £12,417 (8 run) | 3) 2 | 2m |
| 7 | | 6f 108yds Winner £12,417 (8 run) | | |
| 1 | 252713 | RED HAPPY (13) (B) D Pipe 5 12-0 (EW) T Scudamore 1 | 128 | GF |
| 2 | 1F4-83 | THE GOLDEN REBEL (21) B Case 8 11-12 (BF) H Bannister 1 | 128 | GS |
| 3 | 56-F14 | TOPOFTHECOTSWOLDS (63) N Twiston-Davies 8 11-11 (C) DOUBTFUL | | |
| 4 | | QUARTZ DU RHEU (83) Jonio O'Neill 7 11-9Jonio O'Neill Jr | 132 | GF |
| 5 | 213111 | JUDGE EARLE (6) P Bowen 10 11-1 (CD) (SF)S Bowen 1 | 126 | GF |
| 6 | | SHETLAND BUS (29) Dr R Newland 9 10-12 (D)L Edwards | | |
| 7 | | CANELO (90) B Haslam 9 10-10 (D) | | |
| • | | VINONDO VINETIL (40 CF. (- 1 C 40 40 (D) (F) | | |

| 2 | 11-4-83 | THE GULDEN REBEL (21) B Case 8 11-12 (BF) H Bannister 12 | 28 | GS |
|------|-----------|--|------|-----|
| 3 | | TOPOFTHECOTSWOLDS (63) N Twiston-Davies 8 11-11 (C) DOUBTFUL | | |
| 4 | | QUARTZ DU RHEU (83) Jonjo O'Neill 7 11-9Jonjo O'Neill Jr 13 | | |
| 5 | 213111 | JUDGE EARLE (6) P Bowen 10 11-1 (CD) (SF) | 26 | GF |
| 6 | -2F233 | SHETLAND BUS (29) Dr R Newland 9 10-12 (D)L Edwards | 134 | G |
| 7 | | CANELO (90) B Haslam 9 10-10 (D) | | |
| 8 | 7221-1 | KINONDO KWETU (44) S England 6 10-10 (D) (F) | 32 | GF |
| BET | TING: 9-4 | l Kinondo Kwetu, 5-2 Judge Earle, 4 Red Happy, 10 Quartz Du Rheu, Sh | etla | ınd |
| Bus, | The Gold | len Rebel, 12 Canelo. | | |
| A | 45 | QUINNRET QUARTERRACK MARES' HANDICAP HURDI F (4) | 2n | n |

| | t.4J | Winner £5,664 (8 run) | | |
|----|------------|---|-------------------------------|-----|
| 1 | 4222-2 | FORTUNES MELODY (129) H Fry 5 12-0 (BF) | B Bromley (7) 122 | Н |
| 2 | F13-31 | ADDOSH (85) S Edmunds 4 12-0 (D) | | |
| 3 | /234-6 | LAURA BULLION (79) Deborah Cole 6 11-12 (D) | C Ward (5) •126 (| GF |
| 4 | -82226 | PILLAR OF STEEL (13) J Spearing 7 11-10 (CD) | Jamie Moore 120 | G |
| 5 | | PROGRESSIVE (F151) N Henderson 5 11-9 (D) | | |
| 6 | 216134 | LADY RESET (14) D Pipe 6 11-5 (D) | P Armson (5) 121 (| GF |
| 7 | | GALAH (8) M Harris 4 10-11 | M Bastyan 120 (| GS |
| 8 | 124315 | DURRAGH (26) D McCain 5 10-5 (CD) | B Hughes 120 | G |
| | | ddosh, 10-3 Fortunes Melody, 11-2 Lady Reset, 15- | 2 Pillar Of Steel, Progressiv | /e, |
| 10 | Durragh. 0 | Galah, 25 Laura Bullion. | | |

5.17 CAZOO HANDICAP HURDLE (4) 2m 4f Winner £4,684 (11 run)

| | | TRANSLINK (27) N Mulholland 7 12-0 (D) | | G |
|-----|-----------|--|-------|------|
| 2 | -25242 | MANOR PARK (14) B Barr 7 12-0 (C)T Doggrell (7) | 118 | GS |
| 3 | | KRYPTON GOLD (74) S Edmunds 4 11-9C Hammond | | GS |
| 4 | | EVERY BREAKIN WAVE (24) Claire Hitch 12 11-9B Godfrey (3) | | |
| 5 | | PRESENTING PETE (20) J Mackie 5 11-8 (BF, D) (F) P J Kavanagh (5) | | |
| 5 | | RED VISION (29) D McCain 7 11-6 (BF) (EW) | | |
| 7 | | JUST CALL ME AL (150) G Boanas 9 11-6 (D) Sean Quinlan | | |
| 3 | | BUTTSBURY LADY (495) N Henderson 7 11-3 (BF, C) (SF) N De Boinville | | |
| 9 | | GEORGE BANCROFT (F92) C Longsdon 4 11-1Jonjo O'Neill Jr | | |
| 0 | | DEV OF TARA (201) 0 Murphy 6 10-7 W T Kennedy | | |
| 1 | 7-6333 | SEABOROUGH (10) D Shaw 7 10-2 | 110 | S |
| BET | TING: 9-2 | Buttsbury Lady, 5 Presenting Pete, Translink, 13-2 Krypton Gold, Red | Visio | n, 7 |
| | | 2 Goorgo Rancroft Lust Call Mo. Al. Doy Of Tara | | |

IN FORM

TRAINERS: N Mulholland 5-9 (56%), S & E Crisford 10-18 (56%), C Longsdon 2-4 (50%), M Mullineaux 2-4 (50%), D McCain 4-11 (36%), B Pauling 2-6 (33%), S Dixon 4-12 (33%), Sir M Stoute 4-12 (33%), R Varian 10-33 (30%), Mrs A Duffield 2-7 (29%), P Bowen 2-7 (29%).

JOCKEYS: Gavin Sheehan 3-4 (75%), Tom Scudamore 7-16 (44%), William Buick 14-34 (41%), Dale Swift 2-6 (33%), Jack Mitchell 5-15 (33%), Sam Twiston-Davies 2-6 (33%), Brian Hughes 6-19 (32%), O M McSweeney 3-10 (30%), Brendan Powell 2-7 (29%), Graham Lee 7-24 (29%.

LEAGUE SUPER LEAGUE PLAY-OFFS



POWELL EYES A

Varriors v Leeds Rhin VEBY JULIE STOTT

SAM POWELL is desperate to get the green light to return this week so he can finally put his season's woes behind him.

The 30-year-old hooker missed Wigan's Challenge Cup triumph in May after copping a six-match ban for a crusher tackle.

His hopes of helping the Warriors' Grand Final bid then took a serious blow when he suffered a stress fracture in his foot in July.

Powell (above) has missed the last six games and admits he wondered at times if his play-off hopes were in doubt. He said: "I'd be

lying if I said no. I didn't realise it was as bad as it was at first.

"I thought I'd be back after four weeks and it's been frustrating that it's ended up being longer.

"But I trained with the team last week and managed to get through it fine and hopefully this week will be the same.

Powell has appeared in five Grand Finals, winning two, and says he is experienced enough to be thrown straight back in to Friday's semi-final with Leeds.

He said: "I've played enough to know where I am and I'd love us to make the next two weeks really special by winning the Grand Final."

TRINITY AXE **FOR POCHING**

WILLIE POCHING has been sacked by Wakefield, despite their great end-of-season form.

Four wins in their last five games hauled Trinity clear of relegation and up to 10th. But previous results, which saw them struggle at the bottom end of the table all season, cost Poching (right).

Chairman John Minards, who also sacked assistant Francis

Cummins, said: "Willie will always be a legend at Wakefield and I'm personally very grateful for the way he has conducted himself in sometimes very difficult circumstances."

BY JULIE STOTT

JAMES ROBY has revealed his dream role when his playing career finally ends - living out his SAS fantasies.

Super League's record appearance-maker hopes to create history by leading St Helens to a fourth successive title

But the 36-year-old hooker (above) admits there is a TV challenge has always appealed to me, the SAS or Special

Dares Wins'. I would go on that show.'

the semi-final at home on Saturday. Red Devils full-back Ryan Brierley has escaped a ban for a shoulder charge in the win over Huddersfield.



hundred. His wicket-keeping was

Played: 3 Runs: 133 Ave: 44.33 HS: 113 Ct: 14

cricket after a difficult winter. Took full

change role showed his versatility and

skill as he continues to set records.

When games are operating in fast forward, a spinner can get left behind. Not a series suited to his assets. Played: 3 Wickets: 2 Ave: 44.5

continues to produce remarkable skills

Cruel luck denied him a final bow at

success and its style and played his

Played: 2 Runs: 67 Ave: 22.33 HS: 49

the Oval, but he is vital to this team's

A reliable performer who has stepped

up when required, but perhaps started

to show the effects of a full summer of

A brilliant return to international

A consistent threat in a new first

advantage of the conditions.

immaculate and he's now

established in the team.

OLLIE ROBINSON: 8

Played: 2 Wickets: 12 Ave: 15

Played: 3 Wickets: 14 Ave: 15.57 **JACK LEACH: 5**

JAMES ANDERSON: 7 The peerless bowling wonder

past the age of 40 that are

Played: 3 Wickets: 10 Ave: 16.6

JONNY BAIRSTOW: 6

part in Manchester.

MATT POTTS: 5

international cricket.

Played: 1 Wickets: 2 Ave: 39.5

awe-inspiring.

STUART BROAD: 8

LET'S UNLEASH SCARY SIDE ON AUSSIES

KET ENGLAND SOUTH A

FROM BACK PAGE

at The Oval thanks to Zak Crawley's 69 not out.

With a 2-1 series win and the Basil D'Oliveira trophy tucked under skipper Stokes' arm, it was hard not to look ahead to next July with The Ashes on the line.

Even though he will have his full focus on Pakistan and New Zealand over the winter, the sting of losing 4-0 in Australia at the start of this year is still raw.

"I think when you know you

have an Ashes coming up very soon, it's hard not to look at it," said Stokes. "Especially with how the last Ashes trip went.

"I am excited by The Ashes next summer, especially with the way we are playing and a lot is getting spoken about how we are playing Test cricket.

"It is a different challenge, because we know how good Australia are, not just with the bat but with the ball."

This summer, New Zealand,

India and South Africa were all beaten in some style by Stokes and his ultra-aggressive side.

They did it too without pace aces Jofra Archer and Mark Wood, and Stokes added: "Who knows how far we can take this side over the next couple of vears.

"You add Jofra and Woody into the mix being fully fit - it's scarv to think where things could go, especially with the



he would love to be offered. He said: "The military

Forces - I would love nothing more than that. "I love 'SAS: Who

Saints face Salford in

THE THIRD TEST FROM THE OVAL **ENGLAND WIN SERIES 2-1**

Skipper Ben Stokes looks back on an incredible summer for English Test cricket, and ahead to what we can expect next



Cricket Correspondent
@CricketMirror

IT took England just 25 minutes yesterday to score the 33 runs needed to beat South Africa at The Oval, completing a 2-1 series win.

And the stunning nine-wicket success ending an amazing summer of six Test victories out of seven for new captain Ben Stokes.

Success, in just over two days, follows the 3-0 whitewash of New Zealand and the defeat of From the moment Stokes

was appointed captain back in April, to the final cover drive for four by opener Zak Crawley yesterday, the England Test team has been revolutionised. Together with coach Brendon

McCullum, Stokes has already managed to mould a team in his

h a t change a

produced instant results. Here Stokes below, with man of the match Ollie Robinson) reflects on a brilliant summer and what lies ahead:

What has pleased you most about the way things have gone this summer?

'It is the way the team and everyone involved has bought into a new way of playing - the language we use, the messages we deliver and the way the players have reacted has all been in sync. It's been a huge collective responsibility.

"Everyone has dived into it and taken to it like ducks to water and I've absolutely loved it. We have tried to entertain and give young kids something to aspire to, and want to be a part of when they grow up. It is supposed to be a lot of fun and this

summer it has been."

Both Jimmy Anderson and Stuart **Broad were dropped** before the summer but they have been revitalised under you, can they keep firing into The Ashes next year?

"Absolutely. You keep picking people if they keep performing. Stuart and Jimmy have done that for however long now. They are the two guys I turn to, Joe Root and previous captains always turned to, for something to break the game open.

"Those guys stand up in the big

moments and if Broady wasn't playing, Davey Warner might sleep a little bit easier if he knew that... so we've got to take that into consideration!"

You have continually backed the opening pair Alex Lees and Zak Crawley (above) even though their output hasn't been particularly high. Do you feel that was the right decision?

"They've not got the number of runs that they would have liked to, but opening the batting in England is always a very, very challenging thing to do.

"At no stage of the summer have I ever doubted Zak to be opening the batting and his 69 not out here at The Oval to win the game was just awesome.

"He knows he's got the confidence and the backing of the dressing room, but there can always be that self-doubt when things aren't going your way.

"But the way he went out and played, and honour as well."

you feel proud for your players when they go out and do something like that.

Three Tests in Pakistan is the next assignment in December, with a different ball and different conditions. Can you continue to play in this style over there?

"It's going to be a completely different environment that we find ourselves in. We will more than likely be faced with a lot more spin and it's how we find a method of counteracting that but in the

same positive mindset. We want to go there and keep continuing the form we've shown, and the way in which we've

played. Walk towards that danger of what Pakistan are going to throw at us. You are not going to get anywhere near as much assistance with the ball

as you do in England. "But we want to show in different situations we can still always try to put the pressure back on to the opposition."

Cricket decided to continue with their games soon after the passing of Her Majesty The Queen. How do you think it was handled that first morning?

"It was incredible. I'll never forget walking down the steps to complete silence in the ground.

We're normally used to walking down with big cheering and the silence was deafening. You could see the upset, but also the amount of respect that everyone has for the Queen, for her service to the country and all around the world as well.

We take a huge amount of inspiration from what she did in her reign to commit her life to the nation. We walk out there and we represent this country and we do it with a lot of pride



OLLIE ROBINSON capped his return to the England side by being named player-of-the-match - then pledged to be even fitter for the challenge of Pakistan.

Robinson was heavily criticised for his poor physical condition in Australia, where he struggled to stay on the field and maintain his quality day after day and spell after spell.

He also toured the West Indies without ever getting onto the field, much to the dismay of his team-mates and coaches. But after a few home

truths from Ben Stokes, the 28-year-old is reaping the rewards and is set for a big role this winter.

"It's been tough and I've been in a dark place at times, but the hard work I put in over the past six months has allowed me to enjoy the last two weeks more than I would have before," said Robinson (above), whose 5-49 in the first innings set England on course for victory.

'Twelve months ago I would have felt sore, but I feel good, like I could bowl again. I feel in a much better place in that sense and the ball has been coming out nicely.

'I've not toured Pakistan before so it will be interesting to see what the ball does. I've eight weeks to learn about the balls, the surfaces, and their players.

"I'll have a week off and try to get even fitter for that Pakistan trip. It will be harder out there, conditions will be tougher, so I'll push on."

Robinson will be calling on the experience of those who know what it is like to bowl in Pakistan. James Anderson is the only current player who was on the last tour in 2005. He did not play in the two Test series, only the ODIs that followed.

Pakistan seamer Mohammad Abbas is another who Robinson has spoken to during their battles in the county game about what to expect.

"It is a privilege to play with Jimmy and to learn from him," added Robinson. "Off the field the knowledge he and Broady give me is invaluable.

"I've spoken to Mohammad Abbas a few times over the past couple of years when he's been in the county set-up. He looks to wobble the ball out there when it's new and gets rewards, then holds it up when it gets a bit older. I'll be looking to do that and hopefully add a bit more too."

NEXT TESTS FOR STOKES' REJUVENATED ENGLAND

v PAKISTAN (AWAY) 1st Test: 1-5 Dec. Rawalpindi 2nd Test: 9-13 Dec, Multan 3rd Test: 17-21 Dec, Karachi

v NEW ZEALAND (AWAY)

1st Test: 16-20 Feb, Mount Maunganui (right) 2nd Test: 24-28 Feb. Wellington

v IRELAND June 2023. The Oval v AUSTRALIA June/July 2023 at Edgbaston, Lord's, Headingley, Old Trafford and The Oval





The Kia Oval

Overnight: S Africa 118 (Robinson 5-49, Broad 4-41) and 169 (Stokes 3-39). England 158 (Pope 67; Jansen 5-35) and 97-0 (Crawley 57no).

ENGLAND SECOND INNINGS

A Lees Ibw Rabada Z Crawley not out. O Pope not out Extras lb6 nb5. Total 1 wkts (22.3 overs)..... Bowling: Rabada 11-1-57-1; Jansen

7.3-0-40-0; Nortje 4-0-27-0 England win by 9 wkts





LEADING THE WAY

starred with bat and ball to help England beat South Africa 2-1 in the Test series



Eubank's fear over son's bid

BY **DAVID ANDERSON**

CHRIS EUBANK SNR claims he does not want his son to fight Conor Benn because he is scared he may be killed in the ring.

Eubank Jnr (above, with his dad) is due to renew the families' 32-year rivalry when he faces Benn at London's O2 on October 8 in a 157lbs-catchweight contest.

He usually fights at middleweight, which is three pounds heavier, and his dad is worried he is risking his life by coming down in weight.

Brother, Sebastian, died of a massive heart attack last year aged 29 and Eubank Snr says he does not want to lose another of his children.

The former two-weight world champ said: "My son's life cannot be put in danger, I've already lost

one. It can't happen again." Benn whose dad, Nigel, had two epic fights with

Eubank Snr in the 1990s, is coming up from 147lbs for the contest and he could not resist mocking his rival.

He posted a picture of himself on Twitter following a sparring session yesterday with the message: "Just sparred 10 rounds... while someone's having DADDY ISSUES."

Promoter Eddie Hearn did not respond when asked about Eubank Snr's comments and it is understood the fight remains very much on.

It is already a sell-out as the two sons go head-tohead to settle one of British boxing's biggest rivalries.

Eubank Snr stopped Benn in the ninth round at Birmingham's NEC in November 1990 to claim the WBO middleweight title in a barnstorming clash.

The rematch for the unified WBO and WBC super-middleweight titles in October 1993 at Old

Trafford ended in a draw. Their sons will do battle. almost 29 years to the day since that second classic in a pay-per-view clash.

NEW KING OF TEN





'SPAGHETTI' WILL BE ON THE BOIL FOR A LONG TIME

FROM **NEIL McLEMAN**

WHEN Carlos Alcaraz arrived at Juan Carlos Ferrero's tennis academy aged 15, the coach said he was thin "like a spaghetti". But his speed? Explosive".

The former world No.1 said: "We saw that he had very fast hands, very fast legs, but no muscles at all, not in the back, not in the legs. We had to work a lot. But obviously we saw something very special in him."

The teenager has developed into the perfect all-court player. He whips his groundstrokes from the baseline with pace and accuracy while he uses his deft touch to execute the drop shot to devastating effect.

He has worked on his net game and brings the same finesse to his volleying, and his US Open semi-final opponent Frances Tiafoe said of the new world No.1: "I've never played a player who moves as well. He's going to be a problem for a very long time.

Carlos tipped to dominate for years as mix of Messi, Ronaldo and Maradona

FROM NEIL MCLEMAN in New York

@NeilMcLeman

TEEN sensation Carlos Alcaraz has been told he has the star quality of "Ronaldo, Maradona and Messi combined".

And the Spaniard's coach has warned that the youngest ever World No.1 has reached only 60 percent of his potential after his stunning US Open triumph.

Alcaraz heralded the start of a new age in men's tennis by winning his first Major title.

He beat new World No.2 Casper Ruud in a thrilling final full of outrageous rallies 6-42-6 7-6 6-3 in raucous

scenes at the Arthur Ashe Stadium. Chants of, "Olé, olé, olé, Carlos, Carlos" rang around the biggest stage in tennis like a football match. Alcaraz, at 19, is the

youngest Grand Slam winner since Rafa Nadal at the 2005 French Open.

But Amazon Prime analyst Greg Rusedski compared Real Madrid fan Alcaraz to football's recent greats.

"It won't be like Emma Raducanu last year where she won and then disappeared for a year," said the 1997 US Open finalist. "He's the real deal, he has everything, a phenomenon.

"Djokovic was the best mover before him. Before that it was Federer. This guy is like watching Ronaldo, Maradona and Messi combined as one as an athlete. He's just off the charts. He could win over 20 Majors."

"This isn't hyperbole, one of the

great speed demons we've ever seen on a tennis court. He is a one in every 10-15 year player. The last one was Rafa Nadal. And Pete Sampras. He is potentially in their company."
It was only in February 2020

that Alcaraz won his first ATP Tour match, and had to qualify for last year's Australian Open when world No.141. His rise up the rankings was as quick as his coverage of a tennis court.

Yet his coach Juan Carlos Ferrero said: "I think he's on 60 percent of his game. He can improve a lot. Once you get to the No. 1, it's not done." Nadal and Novak Djokovic shared 15

of the last 17 Slam titles. Asked if this was the start of the Alcaraz era, Ferrero said: "I'd love it to happen."

Alcaraz saved match point against Jannick Sinner in the quarter-finals and Ferrero added: "Maybe Sinner

and Carlos could dominate the Tour for maybe the next 10 years. "Players are going to be very motivated against him now he's No.1. It's like Real Madrid-Barcelona, there's a rivalry that gets you to increase your level."

In two Wimbledon appearances Alcaraz has not gone past the fourth round. He said: "I love playing on grass, honestly, but I just played twice or so. Of all the Majors, probably Wimbledon's the coolest one.

Raducanu's first match since her US Open exit saw her reach the second round of the Slovenian Open after Dayana Yastremska retired injured. The Brit, who was 6-3 5-3 and 30-0 And John McEnroe said: up, said: "I'm really happy with how I fought the whole way.



BY JOHN CROSS @johncrossmirror

GARETH SOUTHGATE once proudly boasted he would know his starting line-up if the World Cup kicked off tomorrow.

That was a nice soundbite six months ago, when England clinched their place in Qatar and everything in

the garden looked rosy. Now, with 70 days until the team's opening group match, his selection looks a long way from being settled and Southgate (right) faces major dilemmas.

On Thursday, he names his players for this month's Nations League matches with Italy and Germany their last chance to impress ahead of the World Cup.

It is unlikely he will pick anyone who he does not think is capable of being in the squad for Oatar so he will not experiment much.
But Southgate will be

without No.1 goalkeeper Jordan Pickford who has been ruled out by Everton because of a thigh injury.

That could mean a recall for Dean Henderson, who has been in good form while

on loan at Nottingham Forest, and may also provide an indicator as to who will be England's No.2. It is a close call between Newcastle's in-form Nick Pope and Arsenal star Aaron Ramsdale.

But the biggest problem is in central defence because Southgate has always been fiercely loyal to Harry Maguire and now comes the biggest test of that loyalty.

Maguire (right, with Southgate) has lost his starting place at Manchester United, has been relegated to playing Europa League games and that campaign opened with a home loss



before the World Cup - if he only plays in the Europa League and Carabao Cup - is hardly ideal preparation.

Tottenham's Eric Dier is a

he can play in a back four, a back three and step up into

Southgate has favoured a back three in recent times because it offers more security to an unsettled defence. Brighton's fast-

improving defenders Adam Webster and Lewis Dunk are surely well overdue a chance based on form - although it remains to be seen whether anyone comes in from left field.

But any idea that England would have a huge advantage because he tournament comes

selection issues and players losing form.

Harry Kane is nailed-on as England's most important player but the lack of back-up at centre-forward has made Southgate look at Brentford's Ivan Toney as Tammy Abraham appears to be the only other realistic option.

Raheem Sterling does look to be one Chelsea signing who has hit the ground running but it has been hard for him to shine amid all the change at Stamford Bridge.

Jack Grealish is not a guaranteed starter at Manchester City, nor is Kalvin Phillips and John Stones, while the form of

Trent Alexander-Arnold has become a big issue for Liverpool.

When Southgate names his squad he will not do his usual media conference out of respect for the Queen.

Her Majesty was patron of the FA, and England will pay their respects to her with black armbands and a minute's silence.

Southgate's reasoning and thoughts will quickly become clear in Italy and at home against Germany. He will surely pick his strongest available starting XIs because they are the last two games before the World Cup.

SEPT

1845: The world's first baseball club. the Knickerbocker Club of New York, was formed.

1969: Australia cricket great Shane Warne was born. The leg-spinner, whose haul of 708 Test wickets is second on the all-time list, died in March this year at the age of 52.

1970: Margaret Court of Australia beat Rosie Casals to win the US Open, becoming only the second woman after Maureen Connolly to hold the Grand Slam of the four tennis Majors in a single year.

1983: Steven O'Shaughnessy scored 100 runs in 35 minutes for Lancashire against Leicestershire at Old Trafford - one of the fastest centuries ever seen in first-class cricket.

2012: FA chairman David Bernstein made a "full and unreserved apology" following the findings of the Hillsborough Independent Panel.

BACK PAGE: 2010



FORMER Liverpool star and TV pundit Jamie Redknapp launched a blistering attack on misfiring Reds striker Fernando Torres. The normally prolific Spain star was branded 'diabolical' in a post-match rant by Redknapp after Liverpool's tepid 0-0 draw at Birmingham. The Sky Sports analyst accused Torres of lacking interest. The player would ultimately be sold to Chelsea the following January for £40million after handing in a transfer request at Anfield.

ROBIN SMITH

(59) - former England batter and Hampshire captain

MICHAEL JOHNSON (55) - recordbreaking American sprinter over both 200 and 400m and Olympic champion. GORAN IVANISEVIC (51) - Croatian tennis star who won Wimbledon in 2001. Now coach of Novak Diokovic.

QUICK QUIZ

1 Which three Australians are in the top 10 of

the ICC men's Test batting rankings? What nationality is tennis player **Hubert Hurkacz?**

3 Brodie Croft plays for which Betfred Super League club?

4 The Korda sisters are leading names in which sport?

5 Nafi Thiam won gold at the 2016 and 2020 Olympics in which event?

4 Golf; 5 Heptathlon. 3 Salford Red Devils;

and Usman Khawaja; 2 Polish; 1 Marnus Labuschagne, Steve Smith

ANGES

BY JEREMY CROSS

ENGLAND boss Gareth Southgate will allow his players to watch the Queen's funeral with their families instead of joining up at St George's Park.

The Three Lions were scheduled to report to the England facility on Monday following the weekend's games.

England face Italy in Milan a week on Friday, before hosting Germany at

Wembley three days later in what will be their final matches before heading to the World Cup in Qatar.

But Southgate has had to review his plans due to the state funeral.

This will take place on the same day as his stars were due to meet up at England's training HQ.

The ceremony is expected to bring the nation to a standstill.

It is understood Southgate has consulted with some of his senior players to discuss what the right thing to do will be.

And he is expected to allow his squad to remain at home with their families to enable them to watch the events unfold on TV.

They will then meet up at St George's Park either later that evening or the following mornina.

Southgate, who paid a personal tribute to the Queen last week following her death at the age of 96,

considered training as normal on Monday to be inconceivable in the circumstances

Southgate will name his latest squad on Thursday, but as a mark of respect to Her Majesty Queen Elizabeth II, has cancelled his scheduled media conference afterwards.

Under-21 manager Lee Carsley has also cancelled his media activities, which were scheduled to take place on Friday.



WEST BROM have snapped up ex-Celtic star Tom Rogic on a one-year deal.

The Australian midfielder, 29, left the Scottish champions at the end of last season for a "fresh challenge" and now heads to the Championship.

West Brom are back in action against Birmingham tomorrow night and Rogic said: "I was looking for a change of scenery and a fresh challenge. I didn't just want to rush into anything.

"I had some time to reflect and I now feel refreshed, re-energised and excited about the future. I'm looking forward to it."

RESULTS & FIXTURES

CRICKET
LV COUNTY CHAMPIONSHIP
FIRST DIVISION—Northamptonshire
v Surrey (Northampton): Northamptonshire 249-4 (67.2 overs; E N Gay
145, R I Keogh 75no)
Warwickshire v Somerset
(Edgbaston): Somerset 182-8 (56.0 overs; L Gregory 60no, Mohammed
Siraj 4-54)

Sirai 4-54)

Siraj 4-54)
Yorkshire v Essex (Headingley):
Yorkshire 134 (52.2 overs)
SECOND DIVISION—Leicestershire
v Durham (Grace Road):
Leicestershire 97-2 (22.0 overs;
S Budinger 63no)
Middlesex v Glamorgan (Lord's):
Glamorgan 214 (54.1 overs; C B Cooke 52; R F Higgins 4-59).
Middlesex 132-4 (36.2 overs; M D Stoneman 72no).
Sussex v Worcestershire (Hove):

Stoneman 72no).

Sussex v Worcestershire (Hove):

Sussex 220 (59.2 overs; J J Carson
58, J M Coles 54, F J HudsonPrentice 51; J Leach 4-37).

Worcestershire 87-0 (30.0 overs).

TODAY'S DIARY

UEFA Champions Lge

Group A
Liverpool v Ajax (8pm).
(Live on BT Sport 2)
Group B

Bayer Leverkusen v Atletico Madrid (8pm) (Live on BT Sport Extra) Porto v Club Bruges (8pm)

Group C
Bayern Munich v Barcelona (8pm)....

(Live on BT Sport Extra) Plzen v Inter Milan (5.45)...

Huddersfield v Wigan . Hull v Stoke. Middlesbrough v Cardiff..... Preston North End v Burnley (8pm) . (Live on Sky Sports Football) Swansea v Sheffield Utd....

Sky Bet League One

Barnsley v Port Vale . Burton v Portsmouth

Sky Bet League Two

AFC Wimbledon v Northamptor Barrow v Doncaster..... Crawley v Stockport Co..... Grimsby v Gillingham Harrogate Tn v Salford City. Hartlepool v Crewe.. Mansfield v Carlisle. Rochdale v Leyton Orient Stevenage v Newport Co. Swindon v Sutton Utd..... Tranmere v Bradford... Walsall v Colchester

sex v Worcestershire (Hove). cond Twenty20 Int'nal: Engl men v India Women (Derby,



Blades determined to keep promotion push on course

Swansea v Sheffield United Kick-off, 7.45pm

BY **DAVID ANDERSON** PAUL HECKINGBOTTOM is sure Sheffield United's weekend lay-off will not

derail their promotion push. The Championship leaders had taken 13 points from a possible 15 before all football was postponed as a mark of respect for the Queen.

The Blades took advantage of their unexpected free Saturday to have an extra training session and Heckingbottom rates them ready for tonight's trip to Swansea.

He believes his players are

used to dealing with games being postponed at late notice because of their experience of Covid postponements.

"We just trained on Saturday instead," he said. "It was strange, having no sport or football on the Saturday, but we're back to normal now.

"We're ready. We've all got our heads around it, it is what it is.

"It's nothing we haven't had before so it won't affect us.

"Clubs have got good at dealing with the abnormal and we're ready to go."

Heckingbottom feels with hindsight that football should have carried on, like many other sports, and hopes there will be

no more disruptions in a season already congested because of the World Cup.

"I thought everything would be called off and initially thought that was right," he said.

"But then on Friday night and Saturday I wished it was on and we'd pay our respects that way. That's my view and I understand the authorities are damned if you do and damned if you don't.

"I understand the concerns, but they won't go away when we do play. Hopefully we can carry on now, interrupted."

Last time out the Blades won 2-0 at Hull with Oli McBurnie (below left) and Sander Berge boss Russell Martin jokingly urged striker McBurnie not to score against his old side. McBurnie says he has a soft spot for the Swans as he made his name there in a four-year spell.

EYES ON

THE PRIZE

Heckingbottom insists nothing wi

McBurnie joined United for £20million from the Welsh club and has scored in each of his last three games. "If he's a Swansea boy like he says, he won't score," quipped Martin.

City are 19th after just two wins all season but Martin refuses to be daunted at the prospect of facing United.

"It's up to us to approach it with the right mentality. In this league you've got a chance against anyone," he said.



SWEET

SUCCESS Conway has tasted nothing but success after tucking into his birthday

CHAMPIONSHIP TABLE Sheff Litd



14





Middlesbrough N BY IAN MURTAGH v Cardiff 7.45pm

MANCHESTER CITY goalkeeper Zack Steffen joined Middlesbrough on a season-long loan to play regular first-team football and enhance his World Cup prospects.

But the form of his Boro understudy Liam Roberts has thrown the American's plans into the melting pot.

Steffen (left) struggled for game time at City due to the form of Ederson. Now he finds himself

fighting it out with a rival who had never played at a higher level than League Two before Chris Wilder signed him from Northampton this summer.

Roberts is set to keep his place against Cardiff with the USA star, 27, not quite 100 percent fit after a three-week lay-off.

And Steffen has watched as Boro have won two games out of three and kept their first clean sheet with Roberts between the posts, Boss Wilder admits that

with the City loanee likely to be available for Saturday's visit of Rotherham, he has a real selection poser on his hands.

"I don't look at personalities," he said. "I just look to pick the best team to get a result.

"From my point of view, I'm delighted with the way it's gone for Liam because he's such a good kid. He wants to be No.1 here but also understands Zack didn't come here to sit on the bench. But these things happen. Robbo's

put in some really good, strong performances which gives me the depth I'm looking for."

Callum Robinson is set for his first Cardiff start following his £1.75million move from West Brom.

Manager Steve Morison said: "We felt the last game was just too soon for him to start so we got 45 minutes in his legs but now he's had two or three days extra training.

"He's an excellent player who brings quality to the group.'



Neil wary of Oscar winner

Hull v Stoke 7.45pm

BY DAVID ANDERSON

ALEX NEIL warned Stoke to be on their guard against Hull hot-shot Oscar Estupinan tonight.

The Colombian has banged in seven goals in six Championship appearances - including a hat-trick against Coventry - and Potters boss Neil is wary of his threat.

"I think many teams have a lot of possession against them, but they are dangerous because they have got a striker, who has scored seven in six," Neil said.

Championship leaders Sheffield United ended Hull's 100 percent record in their last game at the MKM Stadium but Neil admits Shota Arveladze's men are still a menace for his side, who are only out of the drop zone on goal difference.

"I think Hull are dangerous." he added. "They're quite loose, which makes them a dangerous team, and the fact that they're one of the bottom teams in the league for getting the ball back.

"They've defended well in most of the games I've seen.

"I don't think it's any shame on them that they have lost to Sheffield United. I still think they're one of the best teams in the league for me.'

Vinny's first for success

Preston v Burnley 8pm BY **DAVID ANDERSON**

BURNLEY boss Vincent Kompany claims the first goal will be crucial in tonight's Lancashire derby against Preston at Deepdale.

Rvan Lowe's Preston have kept seven clean sheets and conceded iust one goal in their eight . Championship games.

They have also scored just twice and Kompany is expecting a tight game between the bitter local rivals.

'It won't be an easy game because it's against a team who don't concede a lot of goals," he said.

"The results have been tight in every game they've played.

"Usually, what tends to happen in these games, is that the first goal can give a big shift.

"If they score first, it only gets harder. But if you score first, then something has got to change on their

"These games are heavily influenced by who scores first, I think."

EFL Young Player of the Month Tommy: Ever since I ate mum's chocolate cake for my birthday... I've been flying BY **DAVID ANDERSON** month. "I was at Bath when I was 18

MAYBE it was a birthday wish or the cake his mum made but Tommy Conway has not stopped scoring since hitting 20.

Conway celebrated the end of his teenage years five weeks ago by blowing out the candles and tucking into his favourite chocolate treat.

Four days later the Bristol City striker scored twice against Coventry in the Carabao Cup and now has six goals and two assists.

'You need to ask my mum what was in that cake because she made it, I just ate it!" said Conway, smiling.

"I feel I worked hard over the summer when I was away so I came back in as fit as I could be.

"I was flying in pre-season, scoring a couple of goals. I just knew when my chance came, I'd be ready for it. "I didn't expect it to be as early as

this but I had confidence in myself

that I could take it." Conway has won the EFL's Young Player of the Month for August (above, right) because of his red-hot form and admits the last few weeks have been mad.

"I can't believe a month ago, I hadn't scored one goal," said Conway, who started at City's academy aged seven. "Now here I am with six goals and two assists. It doesn't sound Conway (scoring and celebrating, below, against Blackburn) showed glimpses of his

potential while on loan at Bath City in the National League South between September 2020 and January 2021 when he scored 11 times in 16 games

His time at Bath came to an abrupt end when lockdown halted their season and City manager Nigel Pearson promoted him to the first team within weeks of taking over.

2021 and netted his first

"The gaffer came in and in his first session, I got called up to train with them. I was supposed to be on a day off and I got a call at 7am to say I was training with the first team." He made his senior debut in April City are fourth in the City goal the following Championship, just three points behind leaders Sheffield United, and tomorrow night travel to Norwich who are second.





with them. Blackburn face Watford at Ewood Park tonight and

> Tomasson said: "It's always good when you can work more specifically on things.
> "We had Clinton coming in

late and George just before the window closed, so it's a good chance for them to catch my eye on the training pitch.

When you play three games in a week, there's not always that much

HUDDERSFIELD boss Danny Schofield claims Town can benefit from Michal Helik's World Cup quest.

Helik joined the Terriers from Barnsley for an undisclosed fee on deadline day and is set to make his

The Poland centre-half has not played since March because of an says the 27-year-old is keen to impress with the World Cup just over two months away.

and I got recalled because their

season ended because of lockdown,

said Conway. "I came back and

trained with the Under-23s and

Conway said: "I don't see

any reason why we can't

unbeaten and that shows to

everyone we are not

"We are now eight, nine

push for promotion.

TOMMY CONWAY is the

EFL Young Player of the Month

messing around."

continued scoring.

'The World Cup is a big goal he has at the forefront of his mind and that can only be good for us and good for him," he said.

"We're always talking about and coaching the fundamentals of football. I think it was Dave Brailsford, who said to focus on world-class basics as much as you can, and Michal is a player who does all the fundamentals well.'

BY **DAVID ANDERSON**

BLACKBURN boss Jon-Dahl Tomasson claims their free weekend has allowed him some precious time on the training ground with his

Clinton Mola and George Hirst arrived on loan just before the transfer window closed and Tomasson (right) capitalised on Rovers' unexpected break to work

Huddersfield v Wigan 7.45pm BY **DAVID ANDERSON**

debut tonight against Wigan.

ankle injury and Schofield (above)



New Chelsea boss vows to bring his own style to the Bridge and says: 'I'm here to win more silverware

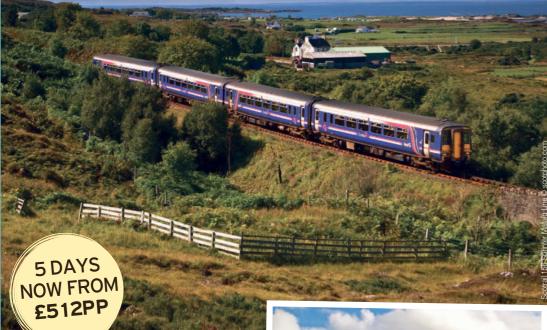
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BY JOHN CROSS @johncrossmirro

GRAHAM POTTER is determined to write his own piece of Chelsea history after promising to compete for trophies.

and fans have a GP

huge role to play

Potter, 47, will take charge of his first Chelsea game against Red Bull Salzburg in the Champions League tomorrow night after his "whirlwind" arrival at Stamford Bridge.

Birmingham-born Potter, who has signed a five-year deal worth in excess of £50million, is a major departure from big names like Jose Mourinho or Thomas Tuchel.

But Potter has no doubt he can bring a new era of success to the club as he spoke ambitiously about the future.

"The history of the club speaks for itself, but it's about trying to create that again, in our own way," he said.

"It's an amazing history, fantastic tradition, a historic club. You only have to walk around the place and see the pictures, trophies, names. It's incredible and it's a huge honour for me to be part

of that now. It's about creating a team that competes, that has respect for each other, that is honest, that works together - so a combination of football and human values that we try to work with.

"It's nice to be able to take the next step and work with an exciting group of players, to compete at the top, try and create a winning team - that's a fantastic opportunity for me.

"It's the start of a really exciting

period. I was really excited and impressed by the new owners, firstly as people and then the vision for the club and what they wanted to do."

Chelsea co-owners Todd Boehly and Behdad Eghbali went for Potter because they saw him as a risk-taker, an innovator and a strong leader.

But it must still be seen as something of a gamble. The Blues have gone from a big name in Tuchel to a manager who even laughed at his own first name for not being very sexy.

Potter (left) spelled

out his approach to man-management and being able to handle big egos in the dressing room - but also called on



Chelsea fans to keep getting behind the team. "I try to find some common ground, try to build relationships, to try to communicate effectively on a daily basis and build respect, trust and honesty, so my starting point would always be the person first," he said.

'You have to understand they're human beings first, and the key thing is to try to understand them, understand what motivates them and understand what they're like as people.

"Chelsea is a really, really tough place to play so I'm looking forward to being on the other end of that, getting that support with the team, because the atmosphere is fantastic.

"It's one of those places that fills you with incredible excitement when you come as an away team. The crowd are always very, very passionate, they're always getting behind the home side."

Potter admits he has taken risks in his career - such as moving to Ostersunds in Sweden - but it has improved him as a coach and a person.

He added: "In order to get better you have to take a little step outside of what's comfortable. Life is about taking risks, doing something a bit outside of what you're comfortable with. It allows you to grow and develop."

BY NICK SZCZEPANIK

BRIGHTON will continue to allow other clubs to speak to their coaches and players even though rivals have gutted the Seagulls this

Newcastle took technical director Dan Ashworth (below, top), Tottenham swooped for midfield enforcer Yves Bissouma and last week Chelsea raided the Amex for boss Graham Potter and five of his coaching staff - after also nabbing player-of-the-season Marc Cucurella.

But Albion chief executive Paul Barber (right, below) insisted yesterday there will be no rethink of the club's open-door policy.

"Football clubs aren't prisons," he said. "Where people have an outstanding opportunity and feel it's better for them, their careers, their families, then we've an open mind."

The alternative, Barber and Brighton owner Tony Bloom believe, is "people go behind your back, have secret meetings, it's more disruptive, it's potentially more damaging, it unsettles more staff"

Barber added: "It's the price of success. It's been a very challenging few months because of the losses we've had. But we put in place plans to manage that and to be resilient. That's now being tested and we simply have to manage through the process and replace Graham.

'There will always come a point when someone will want to move on. That's why a good awareness of the market and who we would move for if certain eventualities came to pass is important.'

Potter guided Brighton to ninth, their best league finish, last season. So the call Barber took from Chelsea owner Todd Boehly on Wednesday, soon after the sacking of Thomas Tuchel, was not a complete surprise.

"My first reaction was to switch my phone off," he said. "We always knew losing Graham to a bigger club or even the national team if Gareth

ever left his job was a possibility. "It is really important to put in place plans for succession in every area and that's no different with the head coach and the staff. So we're working through our list."

At least Brighton received record compensation from Chelsea of £21million for Potter and the coaches and will look to replace him before their next game, at Liverpool on October 1.

HE <mark>BIG</mark> DEBATE Our football experts chew over the talking points



He has all the tools to cast his spell at Blues

Is Graham Potter (above) the right man for Chelsea?

POTTER'S ABILITY NOT IN DOUBT... BUT WILL HE GET TIME TO BUILD A DYNASTY?

BY **JOHN CROSS**

THE question is not whether Graham Potter is the right man for Chelsea but whether Chelsea is right for **Graham Potter?**

No one should doubt his ability as a coach, a man-manager or as leader because he has proved himself at Brighton where he exceeded all expectations.

He took himself out of his comfort zone to move to Ostersunds, while Swansea was also another clever stepping stone.

Potter is smart, destined for the top and the best young British boss around. But Chelsea have a horrible habit of swallowing up managers then spitting them out.

It is exactly what Chelsea's new ownership needs because he can build a dynasty, align himself with recruitment and improve young players. Blues fans should be excited. HE'S NOT A GREAT SPEAKER BUT INSTEAD LETS HIS TEAMS DO THE TALKING BY NEIL MCLEMAN

IT is a different model for Chelsea who have usually gone for the hottest coach in Europe, starting with Jose Mourinho. But it is now a different regime under new owner Todd Boehly.

Also, it is good that a top Premier League club have appointed an English coach - even if it makes it less likely Potter will succeed Gareth Southgate as the national boss.

He is not a great speaker - his press briefings can be turgid - and instead lets his teams do the talking as he did at Swansea and Brighton.

At both clubs he built a solid structure and will need the same at Stamford Bridge. His lack of Champions League experience is also a calculated gamble, though he beat Arsenal at the Emirates with his Norwegian club Ostersund in the Europa League.

Chelsea want him as a long-term

appointment - just as they did with Andre Villas-Boas and Frank Lampard.

GUARDIOLA AND KLOPP IN NO DOUBT HE IS READY TO STEP UP TO A BIG JOB

BY **DAVID MADDOCK**

AS a coach, you'd have to back Potter to succeed in one of the top jobs in football.

He's earned that right with the football he has produced at Brighton. The respect shown to him for that, from some of the best coaches in world football tells you that.

Jurgen Klopp said he had no doubt Potter was ready for one of the biggest jobs and Pep Guardiola echoed that sentiment.

But this is Chelsea. They have a co-owner apparently operating as a de facto Sporting Director, bringing in players the previous manager Thomas Tuchel didn't want. That does not sound a recipe for success.

Tuchel's exit is also cause for concern, given his record. Working for owners who know nothing about football yet still want to be involved in sporting decisions looks a bold

decision - or massive risk - to take. BOEHLY IS NOT A PATIENT MAN AND THE PRESSURE IS **ON TO DELIVER TROPHIES**

BY **DAVID ANDERSON**

NOW we are going to see how good Potter is. Yes. he did well at Ostersund. but Swedish football is far from being one of Europe's top leagues.

He was not really at Swansea long enough to make much impact, while his success at Brighton during his three years in charge was to lead them to ninth last season - their highest Premier League finish.

His success in the top flight has been relative so far and now he must show he can live up to his billing as the best English manager of his generation by delivering trophies.

Boehly has already shown he is not a patient man and the pressure will be on from his first match in charge. Potter is also following one of Europe's top and most successful coaches in Tuchel - and has big shoes to fill.



Xavi & Lew know your 'house' very well, Bayern

BARCELONA boss Xavi has laughed off the suggestions that playing at Bayern Munich is like visiting the "house of horrors" ahead of tonight's mouthwatering Champions League clash.

The two European heavyweights met in last season's group stage, with the Germans twice winning 3-0.

But Barca are now a very different side and are spearheaded by prolific striker Robert Lewandowski (below), who moved to the Nou Camp from the Bavarians in the close season.

Barcelona have never won at the Bundesliga champions. who have triumphed in the last four meetings between the clubs including an 8-2

humiliation in the 2020 quarter-

While Xavi acknowledged the task in front of Barca is

daunting, he said his side should have no fear going to Munich in the Group C showdown.

"I wouldn't call it the house of horrors - it's just Bayern's ground," Xavi said.

"I've seen both sides of the coin, beating them heavily and losing heavily against them, but we have never won at the Allianz and this speaks of how difficult a place it is to go and the task at hand, but we're optimistic.

"We can't be over-confident just because we've had good results lately. We need to remember what it was like playing against them last year, but I'll be happy if we play to our potential and if we do that then I think we can win and change history.

Both clubs began their campaign with European wins with Inter Milan looking to get off and running against Viktoria Plzen.

Elsewhere, Bayer Leverkusen host Atletico Madrid and Porto meet Club Bruges in Group B. Marseille face Eintracht Frankfurt in Tottenham's Group D.

Spurs manager Conte joined the vast crowd outside Buckingham Palace as a tribute to the Queen

BY DARREN LEWIS from Lisbon @MirrorDarren

ANTONIO CONTE has revealed he went down to Buckingham Palace "like a normal person" to mourn the Queen.

With football postponed last weekend, Conte put on a hat to keep a low profile and headed across London with his brother Daniele to join the hundreds of thousands paying their respects.

"On Friday I went to Buckingham Palace like a normal person, because I am a normal person," said the Tottenham boss.

"I did it with a hat to live this situation because I think for sure we will remember this for the rest of our lives.

"I want to give condolences from me, from the club, from the players to the Royal Family.

Then football has to go ahead and we will do it, but I think the Premier League made an important decision to stop football and show respect for the death of the Queen."

Spurs will wear black armbands and have a minute's silence before tonight's Champions League

tie against Sporting Lisbon. Conte said: "For sure what happened in the last few days in England is

something extraordinary.
"Honestly, on Thursday, we were all sad because we're talking about a person whose service for this country was outstanding. I think that in this moment there is big sadness in the country and I was living this atmosphere in London.

"We[']re talking about a situation that we will look at as the story of the future. To stay here in this moment and to live this moment here is for sure sad, but at the same time

it's a special moment because we are talking about the death of the Queen.

"She was 96 years old and honestly for me it was very difficult to believe she was dead, because in your mind you think the Queen was immortal.

To live this situation in London, in this specific moment, for sure I will keep this in my heart, in my mind for the rest of my life."

Conte admitted the postponement of last weekend's game against Manchester City allowed his men to recover from their Champions League win over Marseille.

With the exception of Lucas Moura, they are now ready to rumble again.

"For sure, not playing on Saturday has given us the chance to recover better. The situation has changed because when you play every two or three days it is very difficult.

'You need to rotate because the players need rest, otherwise you risk injuries.

"At the same time, in two or three days you need energy. In this case the game against City was postponed, it gives us the chance to recover well and to be more relaxed in picking the starting eleven."

Defender Eric Dier, who returns to his former club, said: "It will be a difficult game for us, a very good side, a very strong team.

"It's a good opportunity for us to get a good position in





CHAMPIONS LEAGUE GROUP D KICK-OFF 5.45PM



WORDS, EDWARDS FOR ENGI

BY **DARREN LEWIS**

SPORTING LISBON boss Ruben Amorim has tipped ex-Tottenham playmaker Marcus Edwards to win an England call-up.

London-born Edwards, 23, left Spurs two years ago without making a Premier League appearance, despite being jokingly likened to Lionel Messi by former boss Mauricio Pochettino.

But he is fulfilling his potential in Portugal with a successful spell at Guimaraes before joining Sporting back

in January. Amorim said: "Marcus is a very talented player. He took a little while to adapt to the Portuguese lifestyle but has so much talent and can get much better.

"He can even get to the English national team. He has to focus more on training and all that is around it.

"Football is not just matches, it's everything in between. I trust him a lot. I know he can grow a lot.

"He has a long way to go but I think we did excellent

business in signing him." Last week Edwards (right) set Sporting on their way to victory against Europa League winners Eintracht Frankfurt with his first Champions League goal.

He then made the second for Trincao in a man-of-thematch display as Sporting ran out 3-0 winners.

Spurs defender Eric Dier, who played with Edwards in north London, said:

"Technically he's very good and is someone we will have to pay a lot of attention to.'



MATCH FACTS

This is the first ever competitive meeting between Sporting and Tottenham.

Sporting are winless in all six of their Champions League matches against English sides, drawing one and losing five against Man United (L2), Chelsea (L2) and Man City (D1 L1). They've lost all three home games without scoring.

Tottenham last faced Portuguese opponents in August 2021, winning 3-1 on aggregate against Pacos de Ferreira in the Europa Conference League qualifying phases. They have not faced a Portuguese team in the European Cup for 60 years, since losing 4-3 on aggregate to Benfica in the 1961-62 semi-final. Sporting conceded 11 home goals in the Champions League last season, the most they've ever shipped on home soil in a season in major European football. They conceded five times in two home games, as many times as they had in their first 154 home games in major European competition.

Following a 3-0 win over Eintracht Frankfurt, Sporting are looking to win their first two matches in a Champions League season for the first time.

Tottenham are looking to record Champions League wins in each of their first two matches for the first time since 2017-18.

■Both of Spurs' goals against Marseille last time out were headers from crosses, the first time an English side have scored multiple goals in this fashion since Manchester City in 2017. Sporting's Marcus Edwards - who played once for Tottenham -

2016 - became the first Englishman to score for a Portuguese club in Champions League against Eintracht.

Costa so fired up at Wolves AstroPay



DIEGO COSTA is itching to reignite his Premier League career after easing Wolves' striker crisis.

The former Chelsea frontman has signed a deal until the end of the

Wolves had to appeal for a work permit after the Brazilian did not automatically qualify and the free agent's initial application was rejected.

Costa, 33, said: "It's a first-class club with very good players and having the chance to play in the Premier League again was the main thing.

'Obviously, the club influenced my decision, especially knowing I will be able to adapt a lot more easily here.

"Not only from a technical point of view, with the quality of the players. but also from the fact a lot of the players are Portuguese and that will make my transition that much smoother. This has motivated me. It lit that fire within me.'

Costa arrives with Wolves having lost new £15million signing Sasa Kalajdzic to a serious knee injury and Raul Jimenez struggling for form and fitness with Bruno Lage's side scoring just three goals in six Premier League games this season.

Costa has been available since January after leaving Atletico Mineiro in Brazil. He won two Premier League titles during three years with Chelsea.



Page has deal with **Dragons**

BY **JAMES NURSEY**

ROB PAGE has finally been rewarded with a long-term contract for leading Wales to this winter's World Cup.

Former No.2 Page (above) was promoted into the hot-seat on an interim basis for Euro 2020 last summer once Ryan Giggs was put on 'special leave' almost two years ago.

Page has since led his country to their first World Cup since 1958 and has now been confirmed as the new Dragons boss on a four-year deal.

Page said: "There is no bigger honour than coaching your national team and I can't wait for the challenge the next four years will bring, starting with our first World Cup in 64 years.

"This is an exciting time for Welsh football and I hope we can make the country proud in November and continue our success by qualifying for more major tournaments.'

Page, who has been in charge for 24 games, took over after Giggs was arrested in November 2020 before he officially stood down in June ahead of his domestic violence trial.

Skipper Gareth Bale, who led the calls for ex-defender Page to be given the role long-term, is set to be named in the Wales squad tomorrow for this month's Nations League matches.

Wales head to Belgium on September 22 before hosting Poland in the Cardiff three days later.



FIXTURE CHAOS Arsenal manager Mikel Arteta

Big Prem matches get KO'd

FROM BACK PAGE

now not going ahead - but they have not been able to get the match back on.

The fixtures are all off because they are high-risk Category One matches and would place a strain on police resources ahead of the Queen's state funeral on Monday.

Arsenal's Europa League game with PSV Eindhoven on Thursday night is also postponed and these cancellations are set to cause fixture chaos.

Prem bosses have already got to find room in the calendar for a whole round of abandoned games from last weekend - a midweek slot in January is most likely - plus another three matches from this coming weekend.

Seven games are going ahead, starting with



LONDON-BOUND Jamie Vardy & Leicester go to Spurs

Fulham's trip to Nottingham Forest and Aston Villa's clash with Southampton, both on Friday night.

Tottenham's home game with Leicester and Arsenal's trip to Brentford on Sunday both go ahead, even though London will be extremely busy. But neither are deemed as high risk.

The Premier League said in a statement: "Following extensive consultation with clubs, police, local Safety Advisory Groups and other relevant authorities, there was no other option but to postpone the three fixtures.

"For the matches being played during the period of National Mourning, tributes will be paid to the Queen at Premier League stadiums."

Arsenal's game with PSV was postponed because the Dutch club were bringing 3,000 fans and it is classed a high-risk game by UEFA.

The match must be played before the World Cup in November so a midweek Premier League fixture may now be postponed to fit it in.



CHAMPIONS LEAGUE GROUP A KICK-OFF 8PM

booed the national anthem at Cup finals because of their disillusion with Tory-led governments.

But Klopp dismissed the notion that his club's supporters need any lectures on how to behave and instead argued that the Kop has frequently shown the right level of

That includes fans singing 'You'll Never Walk Alone' for Cristiano Ronaldo during their clash with rivals Manchester United last season after his new born son died.

"I think it is the right thing to do but I don't think our people need any kind of advice from me for showing respect," said Klopp.

where people showed exactly the right respect.

really proud of that moment was last season when we played Manchester United around a very sad situation

it is clear that's what we have to do."

Liverpool fans were criticised during the FA Cup final in May for booing the national anthem, and Prince William, who attended it.

Ajax side to face a Liverpool "storm" - but hopes tips from former boss Erik ten Hag will help them cope.

humiliated 4-1 by Napoli in their Group A opener and Schreuder expects a big response tonight in

The Ajax boss said: "We expect to go into a storm. But you have to have courage and, if we can do that, we have a chance. If you don't have courage, it is going to be difficult, especially one-on-one.'

Schreuder's predecessor Ten Hag beat Liverpool 2-1 earlier this season as Manchester United manager, and the current Aiax boss added: "I have looked at the match and there are certain things United did that are applicable to us, too.'

in respect

with Cristiano Ronaldo's family.

"And that is what I expect. For me,

Red 'storm' is brewing

Last week the Reds were front of their own fans.



respect on important occasions.

'There are plenty of examples

"One which surprised me and I was

ALFRED SCHREUDER expects his



BIG MATCH FACTS

LIVERPOOL and Ajax have faced in one previous UEFA Champions League campaign in 2020-21, with the Reds winning both games 1-0 home and away in the group stage.

Ajax are looking for their first win over Liverpool since December 1966, beating them 5-1 in the European Cup. However, the Amsterdam side are winless in their last five Champions League games against English opponents (D1 L4).

Liverpool have only lost their first home match in two of their previous 46 major European campaigns (W35 D9), losing 1-0 to Marseille in 2007-08 in the Champions League and 3-2 to Udinese in the 2012-13 Europa League.

■In all European competition, Ajax have only lost two of their last 25 away matches (W13 D10), losing 2-0 to Getafe in February 2020 in the UEFA Europa League and 1-0 to Liverpool in December 2020 in the Champions League. Liverpool suffered a 4-1 defeat on MD1 against Napoli, their joint heaviest Champions League

UEFA Champions League campaign with two defeats. Ajax have won their last seven Champions League group stage matches, scoring 24 goals and conceding just five. Only Bayern Munich (eight) are on a longer current run of group stage

victories than the Dutch side.

defeat. The Reds have never previously begun a

these situations and they are too obvious. It was not needed to say a lot about it... but I did anyway.

FC

The situation is like this, we brought ourselves into it so that no one could properly react any more in this game.

When James Milner arrives too late in challenge and we lose challenges where we would usually win, you know something is wrong.

We had obvious football problems, defending and attacking, but what led to this problem was a misjudgement of the situation. I know the players want to sort the situation. We are not over the moon about our season so far.

"In this game it looked like everyone wanted to sort the problem... but by themselves and that didn't give us the structure to work together."

Berghuis, Alvarez, Taylor, Tadic, Kudus, Bergwijn Klopp says for all the Ref: Artur Dias (POR) intensity of the inquest, Mo Salah (left) and the players did not point the finger at each other, but instead

accepted they must work together to resolve some serious issues...

especially defensively. **TEAMS** Liverpool: Alisson, Alexander-Arnold, Matip, "There was pointing at each other, Van Dijk, Tsimikas, Fabinho, Thiago, Diaz, Firmino, that was the good thing," he said. Salah, Nunez **Ajax:** Pasveer, Rensch, Timber, Basey, Blind,

But we have to realise it all starts with defending and we have got to give ourselves a chance to celebrate winning a challenge again."



KDB IS KING FOR FODEN

PHIL FODEN says Manchester City's Kevin De Bruyne is the greatest star he's ever played with.

Blues legends David Silva and Sergio Aguero are two of the most decorated players in the club's history, having won 29 major trophies

between them at the Etihad. Both of them now have statues outside the stadium to commemorate all their achievements in helping make City the

English football. Foden (right) admits he idolised Silva growing up - but believes Belgium ace De Bruyne (top) is just ahead of the Spanish sensation.

dominant force in

Foden admitted: "When I was watching football and growing up I loved David Silva.

'But seeing Kevin De Bruyne every day in training, the things he does!

He's an unbelievable player, probably the best player I've ever, ever played with."



HOWE DID WE

BY DAVID ANDERSON

EDDIE HOWE has told his players they must be more ruthless in front of goal.

Newcastle have missed nine big chances according to official statistics. and managed just seven goals in their first six Premier League games.

Toon's record £63million signing Alexander Isak (above) failed to score when one-on-one in their O-O draw with Crystal Palace at St James' Park.

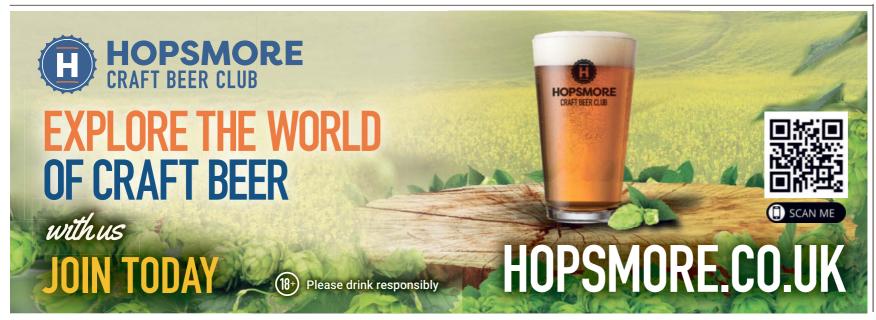
And boss Howe said: "It wasn't just a stream of chances, it was lots of different phases, lots of different players, but the outcome was the same. The pleasing thing is we are creating those moments.

"We're a team that looks like we could score at any moment."

Former Liverpool keeper Loris Karius has agreed a deal until January, and will provide cover for No.1 Nick Pope.

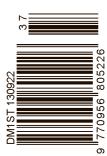








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DM1ST

JZZLE

Quizword & Crossword

Two sets of clues, two different answers - all on the same grid. Choose one or the other.

Quizword

ACROSS

6 and 15

- The -, national anthem of the USA (4-8,6)
- 8 Andy –, 2003 US Open singles tennis champion (7)
- 9 Playing card also called a jack (5)
- 10 Gete -, winner of the 2006 Berlin Marathon women's race (4)
- 12 Genus of evergreen shrubs native to North America and Cuba whose foliage is toxic if eaten by certain animals (6)
- 14 Strong polymer first produced by the DuPont firm in the 1930s (5)

15 See 6 Across

- 16 Small tree with edible oval fruit (4)
- Mel -, Pop Art painter whose works include Lola Cola and Elephant Seal (5)
- 21 US motor racing driver: 1987 Indianapolis 500 winner (2,5)
- 22 1959 war film starring Gregory Peck and Harry Guardino (4,4,4)

DOWN

1 1992 horror film starring Virginia Madsen and Tony

- 2 Courtier in the William Shakespeare
- 3 V J -, England against Pakistan at
- 5 Brightest star in the
- 6 County town of
- 7 Dark brown butterfly with orange bands whose caterpillar
- 11 Port in SW Scotland
- 12 Wim –, prime minister of the Netherlands from 1994-2002 (3)
- 13 Strong heavy cotton
- 14 In Japan, a carved toggle of wood or
- 17 17th-century Japanese poet best known for the book The Narrow Road to
- **20** 2009 film drama starring Sam

play Hamlet (5)

- Léeds (5)
- 4 Hereditary title of the head of the Nizari sect of Ismaili
- feeds on nettles (3.7)

- Muslims (3.4)
- Shropshire (10)
- housing the Wallace Tower (3)
- fabric used for clothing (8)
- ivory worn dangling from the waist (7)
- the Deep North (5)

- cricketer whose 1982 Test debut was
- constellation Lyra (4)

- **18** Viral disease affecting children also called epidemic parotitis (5)
- Rockwell as Sam Bell (4)

20

10

15

19

ACROSS

- 6 Lamb and potato
- dish (93) 8 Small stream (7)
- **9** Edition (5)

Crossword

- 10 Woodwind instrument (4)
- 12 Swimming costume (6) 14 Japanese padded mattress (5)
- **15** Idea (6)
- 16 Fencing sword (4)
- 19 Artist's stand (5)
- 21 Mild powdered seasoning (7)
- **22** Tory (12)

CHECK THE SOLUTIONS NOW! Call 0903 659 6060 (80p/min) to hear FULL SOLUTIONS to CROSSWORD and QUIZWORD,

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DOWN

21

- 1 Exclude or omit (5.3)
- 2 Complete (5)
- **3** Authored (5)
- 4 Headache tablet (7)
- **5** Fail to hit (4) 6 Encircled (10)
- 7 Intentional (10)
- 11 Play on words (3) 12 Wet spongy
- 13 Implied, indirect (8)
- 14 Unwise, silly (7)
- **17** Steeple (5)
- 18 Utter words (5)
- **20** Anon (4)

Solutions in tomorrow's Daily Mirror

Two-speed coffeebreak

Two sets of clues - but the answers are the same.

Cryptic clues

ACROSS

- 1 Make an effort on a tune (6)
- 4 Touched material (4) The shape of cricket in London? (4)
- Mad Ron turned out to be
- aimless (6)
- Attentive to wrong part (4)
- 10 Help make a wager (4)12 About poem being in secret
- writing (4) 14 Point to the Spanish swimmer (3)
- Prohibit British article (3)
- Performs part of the Bible (4)
- 20 Auction small beer (4)
- 23 Narrow in his limitations (4) 24 Story of the foot? (6)
- 25 Cope with lead sculpture (4)
- 26 Regarded as part of play, sav (4) 27 Embellished or terribly neat (6)

DOWN

- 1 Fastening second snare (5)
- 2 Call for some jewellery (4)
- **3** Hardly a crazy vagrant? (5) **4** Ticket price sounds reasonable (4)
- 5 Happy to be told not to start (6)6 Whole time alto was
- performing (5) Hit with fashion
- accessory (4) Love friend with gem (4)
- Incarcerated trendy team (6)
- Singer has one platform (5) Room initially only for an instrument (5)
- Pledged to have shelf (5)
- Mean to change last word (4) Excellent game was played (4)





Quick clues

ACROSS

- 1 Exert (6) Sensed (4)
- **7** Ellipse (4)
- 8 Haphazard (6) Spellbound (4)
- 10 Aid in crime (4)
- **12** Cipher (4)
- **14** Long fish (3) **16** Forbid (3)
- **17** Behaves (4)
- 20 Transaction (4) 23 Slender (4)
- 24 Myth (6)
- **25** Trade (4) **26** Spotted (4) 27 Decorated (6)

18 Element of an orchestra (5) **19** Sill (5) 21 So be it (4)

DOWN

1 Thong (5)

4 Paying

Chime (4)

3 Wanderer (5)

5 Delighted (6)

6 Sum (5) 11 Waistband (4)

13 Milky stone (4)

16 Foundation (5)

15 Within (6)

passenger (4)

22 Huge (4)

Solutions in tomorrow's Daily Mirror

CHECK THE SOLUTIONS NOW!

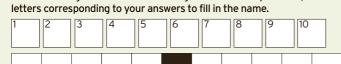
TWO-SPEED COFFEEBREAK **0903 659 6060** (80p/min)

TERMS & CONDITIONS: Calls cost 80p/min plus your phone company's access charge. Texts cost £1 + 1 standard network rate message. SP Mi Telecom Ltd. Helpdesk 0330 880 6060. Min age 18+. All lines close midnight tonight except where stated. Std Trinity Mirror Rules apply, see www.mirror.co.uk/rules.

The name game

Solutions in tomorrow's Daily Mirror

Hidden in the grid is the name of a singer. Answer the guestions, then rearrange the



BOX1: Which actor links the films Mystic River and **Event Horizon?** Sam Neill (J) Kevin Bacon (M) Laurence

BOX2: How was Zimbabwe previously known? Rhodesia (K) Abyssinia (Q) Mauretania (P)

Fishburne (I)

BOX3: What nationality is the international footballer Neymar? Argentine (L) French (T)

BOX4: Who wrote the 2001 novel Legally Blonde?

Amanda Brown (U) Cecily von Ziegesar (I) Candace Bushnell (O)

animal species, is vestigiality? Particular susceptibility to disease (N)
The ability to breathe underwater (V)
Loss of function due to

BOX5: What, in

evolution (E) **BOX6:** Complete the title of this 1967 Glen Campbell song: By the Time I Get to Memphis (D) Phoenix (L)

Kalamazoo (Y)

BOX7: The religious holiday Rosh Hashanah is also referred to as what? Jewish New Year (A) Hindu Christmas (L)

BOX8: Who wrote the 2020 novel The Golden Amanda Craig (A) Clare Chambers (L)

Pagan Easter (Z)

Katrina Onstad (B) BOX9: What is Yr Wyddfa the Welsh name for? Cardiff (Y) Snowdon (T)

Anglesey (Z)

BOX10: Wretch 32 (pictured) achieved a **ÚK No 1 in 2011 with** which single featuring Josh

Solutions in

Daily Mirror

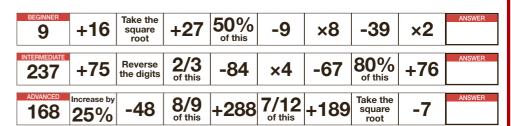
Kumra? Don't Stay (K) Don't Speak (T)



30-sec brain teaser

Boost your brain power with our 30-second test. Start with the number on the left and follow the instructions. Beginners should aim to complete the puzzle in 30 seconds. Intermediates should finish their own puzzle and the Beginner's Challenge, Genius players have 30 seconds to complete their own plus the Intermediate. Good luck!

Solutions in tomorrow's Daily Mirror



Mirrorgram

Solve our ten-letter anagram





20:25 mins

Test your codecracking skills against us! We took 20 minutes and 25 séconds to complete this puzzle – can you do better? We've taken a completed crossword puzzle and replaced each letter in the grid with the same number throughout. The completed grid will include all letters of the alphabet. If you find it hard to get going, call the Extra Letter line where you will also find a little bit of extra help. Remember, none of the answers are proper nouns. Solutions in Thursday's Daily Mirror

ABCDEFGHIJKLMNØPQRSTUVWXYZ

| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 |
|----|-----------------|----|----|----|-----------------|----|----|----|----|----|-----------------|----|
| 14 | ¹⁵ R | 16 | 17 | 18 | ¹⁹ O | 20 | 21 | 22 | 23 | 24 | ²⁵ W | 26 |

to be won!

Which letter is represented by the number '1' in today's Speedbreaker? Call 0903 681 3000 (£2/call) or text SPEED and your answer, name and postcode to 61011 (£2/text)

Last Tuesday's winner: Tim Westwood, Kidderminster

for each extra letter used.

Calls to solutions line cost 80p/min + network access charge and texts cost £1 + 1 standard network rate message. Calls to the Speedbreaker competition line cost £2/call + network access charge and texts cost £2 + 1 standard network rate message. You may receive free promotional messages, to opt out end message with NO INFO. Competition lines close midnight tonight. Min age 18+. SP: MI Telecom Ltd. Helpdesk 0330 880 6060. Full TaC's at www.mirror.co.uk/rules

| | 2 | 4 | 20 | 6 | 12 | 22 | | 10 | 1 | 17 | 14 | 23 | |
|---|----|----|----|----|----|----|----|----|----|-----------------|----|----|----|
| | 16 | | 4 | | | 4 | | 1 | | | 11 | | |
| | 17 | | 9 | | 13 | 19 | 16 | 12 | 3 | 14 | 19 | 8 | 18 |
| | 25 | | 12 | | | 14 | | 1 | | | 6 | | |
| | | 4 | 24 | 24 | 1 | 12 | | 12 | 4 | 2 | 13 | 6 | 13 |
| | 15 | | | 5 | | 24 | | | | ¹⁵ R | | | 17 |
| | 4 | | 22 | 12 | 26 | 12 | 14 | 6 | 4 | ¹⁹ | 16 | | 21 |
| | 16 | | | 11 | | | | 4 | | 25 W | | | 3 |
| 1 | 2 | 19 | 18 | 11 | 12 | 6 | | 5 | 4 | 16 | 14 | 13 | |
| | | | 17 | | | 13 | | 5 | | | 17 | | 20 |
| | 7 | 4 | 14 | 4 | 19 | 1 | 24 | 11 | 3 | | 8 | | 17 |
| | | | 19 | | | 8 | | 12 | | | 12 | | 23 |
| | | 1 | 16 | 21 | 4 | 5 | | 24 | 13 | 12 | 11 | 7 | 12 |

Just a bit of fun

Which one of our three definitions is correct?

NEONATAL

- Pertaining to the newly born
 Unborn
 Lit by gas

Solutions in tomorrow's Daily Mirror

Scribble pad 🖄



'Full of bright ideas that will make a difference' HELEN SKELTON

Get £3 off **Everyday Ways To** Save The Planet (RRP £14.99) with offer code RB5 Order online at mirrorbooks.co.uk

Word

Call 0903 659 6060 (80p/min) for 5 extra letters or the full solution,

or text SPEEDCLUE to 61011 (£1/

text) for 5 extra letters. Deduct

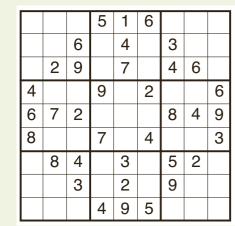
one minute from the target time

SOLUTIONS

| _ | | | | | | | | | | | | | | | | |
|---|--|----------------------------|--------------------------------|----------------------|---|---|-------------------------|----------------------|--|------------------------------|----------------------------------|------------------------------|--------------------------------|------------------|--------------------------------|--------------------------------|
| Arrow | The _ Suspects, | Former gold coin | 7 | Entreaty | 7 | Person moved | 7 | Line on a weather | Frog or toad | 7 | Thing of value | 7 | 9 | 1 | - | (E) |
| Word | film | Weighing device | | Pamela _, actress | | from danger | | map | larva | | Rota | | | | | |
| Arrow Words are like | | | | | | Anglican priests | - | | | | V | | | | | |
| crosswords, but the clues are printed | Picture houses Giant _, mammal | - | | | | | | | Disk operating system (1,1,1) | - | | | | - | TO | |
| inside squares on the grid. | - | | | | | Cadaver | - | | | | | | 5 | | | 16 |
| Write your answers in the blank squares in | Spike _, pictured | - | | | Chafe Lower back pain | - | | | Over the top (1,1,1) Clarified butter | - | | | | | | |
| the direction indicated by the arrows. | Nobleman | - | | | ٧ | Bird type Nobility member | - | | • | | | Man- eating giants | 1 | | | A CF |
| Solutions in tomorrow's Daily Mirror | Very important person (1,1,1) | | Spider- Man, e.g. Morose | | | V | | | | | | ٧ | Indistinct | • | Loafer Get or bring back | V |
| | ٧ | Unspec- ified amount | - ' | | | | Remov- able cover | Perfect | | Offer for sale | Protect Has being | - | | | V | |
| | | Atheist Bushy hairstyle | - | | | | ٧ | ٧ | | ٧ | ٧ | | Congeal | • | | |
| | | V | | Very dry Lyric poem | - | | | | Put into effect Pinches sharply | - | | | | | | |
| | Close friend TV's _ It! | - | | • | | Hugh _, comedian and actor | | | • | | | | Make a mistake Afresh | | | |
| | | | | | | Affirmative | Supports Sells overseas | | | | | _ Musk, entrepre- neur | | Tooth- puller | | Snooker ball colour |
| | Statement of beliefs ——— Number | - | | | Sharp cry Annoy | - V | | | | Love Me _, Elvis song | • | V | | | | V |
| | | 6 | | | A | | | Assumed name | | Shirt part | • | | | | | |
| | V | | | | Health resort | - | | • | Unemploy -ment benefit | _ of Kintyre, 70s song | Possess- ed Mammal type | • | | | | |
| | 1 | 0 | - | | Eager to know | Gary _, pictured Country (1,1,1) | - | | V | V | ٧ | | Express- ion of contempt | | Alcoholic drink | Campbell, ex- footballer |
| | | (ME) | Rep. To | | | V | | | | | | Prejudice | - | | | V |
| | | 1 | W. P. | | Plays for time Ornamen- tal tuft | - | | | | | | Norway's capital city | - | | | |
| | | | 4 | | L | | | | | | Code word for H | - | | | | |
| | | | | | | | | | | | | | | | | |

Su-doku corner

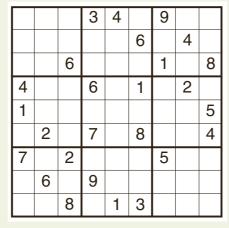
EASY SU-DOKU



The rules for Su-doku couldn't be easier. All you have to do is fill the empty squares so that each row, column and 3x3 block contains all the numbers 1 to 9.

Solutions in tomorrow's Daily Mirror

SU-DOKU TOUGHIE



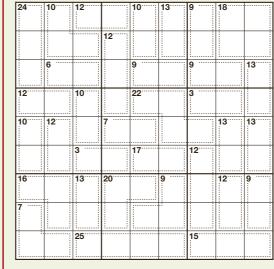
The rules for Su-doku are easy, but this one's a toughie! Each number from 1 to 9 must appear only once in each horizontal and vertical line, and only once in each 3x3 grid.

Solutions in tomorrow's Daily Mirror

CHECK THE SOLUTIONS NOW! Call 0903 659 6060 (80p/min) to hear SU-DOKU 5 **NUMBER CLUES** or **FULL SOLUTIONS** to the easy and toughie su-dokus.

Or text **EASYCLUE** or **TOUGHCLUE** to **61011** (£1/text) for **5 CLUES**.

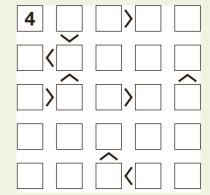
KILLER SU-DOKU



Killer Su-doku is based on the traditional grid and every column, every row and every 3x3 box must contain the digits 1 to 9. But the dotted squares must be filled with numbers that add up to that in the left corner.

Solutions in tomorrow's Daily Mirror

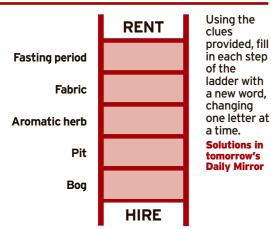
FUTOSHIKI



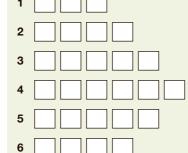
Insert the numbers one to five in each row and each column, making sure that no number is repeated. The only symbols to guide you are the "greater than" (>) and "less than" (<) signs.

Solutions in tomorrow's Daily Mirror

Word Ladder



Brickwork



Solutions in tomorrow's Daily Mirror

Enter the solutions to the clues in their numbered lavers of the wall. Each word must be an anagram of its neighbours, plus or minus one letter.

- Ocean
- 2 Foundation
- Small orbs
- Hit 5 Shadow
- Тор Owned

Bingo

Tue Sep 13 2022 Game 35 Day 2



HERE are the numbers for Day 2 of **Game 35** on your Bingo card.

TO WIN a full house £250 prize, all 15 numbers on the **Game 35** grid must be correctly crossed off with the Daily Mirror numbers. If you're still short by Saturday, buy the Sunday Mirror and the Sunday People for more numbers and the chance to win a £100 prize. TO CLAIM Call 01420 525501 (Rol 01 868 8620) from 10am to 3pm on Mondays only. If you get a full house on any other day, you will need to phone and make your claim on the following Monday. No responsibility accepted for failure to call

within stated hours. Standard Reach PLC rules apply, see www.mirror.co.uk/2022bingorules

Wordsearch

Can you find all the listed shades of blue in the grid?

ULTRAMARI $N \in E$ Ο CTRICCER Ζ ALAAQWY 0 XCS G Ν G U S OCP Υ Τ 0 D R E 0 Τ F X Ε G D Ε R L S G S HXOPR В Ρ W X O E R L 1 S В Ν S D HUYHLВ L Т PRCARI BBEANU

BABY ELECTRIC OXFORD CARIBBEAN POWDER IMPERIAL CERULEAN INDIGO **PRUSSIAN COBALT IRIS SAPPHIRE CORNFLOWER MIDNIGHT CYAN** NAVY **ULTRAMARINE**

YESTERDAY'S SOLUTIONS OUIZWORD

ACROSS: 1 Aleph, 4 Blake, 10 Viper. ACROSS: 1 Alepn, 4 Blake, 10 Viper, 11 Colonel, 12 Rinehart, 13 N or M, 15 Hominy, 17 Kinski, 19 Emms, 20 Zwieback, 23 Grolier, 24 Aiken, 25 Thing, 26 Peter.

DOWN: 2 Lupin, 3 Perth and, 5 Lalo, 6 Kinross, 7 Over the Edge, 8 Score, 9 Slim Pickens, 14 Fire Sale, 16 Manmeth, 18 Awdry, 21 Arklo

16 Mammoth, 18 Awdry, 21 Arkle, 22 Xi'an.

CROSSWORD

ACROSS: 1 Earth, 4 Clock, 10 Obese, ACROSS: 1 Earth, 4 Clock, 10 Obese, 11 Arsenic, 12 Scabbard, 13 Lino, 15 Chalet, 17 Defend, 19 Also, 20 Cardigan, 23 Gradual, 24 Trial, 25 Snipe, 26 Hates.

DOWN: 2 Arena, 3 Trembles, 5 Lisp, 6 Concise, 7 Loose change, 8 Dairy, 9 Accordingly, 14 Vendetta, 16 Abstain, 18 Ladle, 21 Gripe, 22 Huma

TWO-SPEED COFFEEBREAK

ACROSS: 1 Stain, 4 Piste, 7 Lei, 9 Uncles, 11 Mass, 12 Rip, 13 Relapse, 15 Descent, 18 Lab, 19 Nail, 20 Margin, 23 Emu, 24 Enter, 25 Penny. **DOWN:** 1 Square dance, 2 III, 3 Nee,

5 Scamp, 6 Easter bunny, 8 Isle, 10 Cop, 13 Rye, 14 Let, 16 Shift, 17 Name, 18 Log, 21 Amp, 22 Rue.

SATURDAY'S SPEEDBREAKER

1=T, 2=N, 3=J, 4=M, 5=G, 6=E, 7=H, 8=Z, 9=X, 10=C, 11=I, 12=K, 13=B, 14=W, 15=S, 16=R, 17=D, 18=F, 19=L, 20=Q, 21=Y, 22=U, 23=O, 24=A, 25=V. 26=P.

ARROW WORD

| | AIROW WORD | | | | | | | | | | | | | | |
|---|------------|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Н | | Υ | | Τ | | С | | U | | S | | | | |
| R | Ε | F | 0 | R | М | | L | U | Ν | С | Н | | | | |
| | R | | K | | М | - | Α | | Ε | | Ε | | | | |
| R | Ε | М | 0 | ٧ | Ε | | Ν | 0 | ٧ | Е | ш | | | | |
| | | Α | | _ | Ν | K | | В | Ε | Α | Т | | | | |
| В | 0 | Х | Ε | R | S | | D | Ε | Ν | S | Ε | | | | |
| | R | | Q | U | Ε | U | Ε | S | | Ε | R | R | | S | |
| М | - | Ν | U | S | | S | Т | Ε | Α | L | S | | Α | Р | Т |
| | G | | Τ | | В | Α | Α | | L | | | Α | G | Α | R |
| R | - | Р | Р | L | Ε | | - | S | S | U | Ε | | R | | Е |
| | Ν | Α | Р | | G | Α | L | L | 0 | Р | | В | Ε | Т | Α |
| G | Α | Т | Ε | S | | L | | Α | | S | Р | R | Ε | Α | D |
| | L | Ε | D | | В | Ε | Α | K | | Ε | R | Α | | Τ | |
| | | | | | L | | F | Ε | S | Т | Ι | ٧ | Α | L | S |
| | | | | В | Ε | Ε | F | | | | N | Ε | W | | Е |
| | | | | | Ν | | Α | Т | Т | Ι | С | | Н | Τ | Т |
| | | | | Α | D | М | I | R | Ε | | Ε | D | I | С | Т |
| | | | | | Ε | | R | U | N | G | S | | L | Ε | Ε |
| | | | | Ε | R | Α | S | Ε | D | | S | W | Ε | D | Ε |

In the Daily Mirror everv Saturdav there's our Big Name prize crossword

EASY SU-DOKU

| 9 | 8 | 7 | 4 | 2 | 5 | 3 | 6 | 1 | 4 | 1 | 3 | 6 | 7 | 9 | 5 | 2 | 8 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1 | 5 | 6 | 9 | 3 | 7 | 8 | 2 | 4 | 5 | 7 | 8 | 2 | 1 | 4 | 9 | 3 | 6 |
| 2 | 3 | 4 | 6 | 8 | 1 | 9 | 7 | 5 | 9 | 2 | 6 | 5 | 8 | 3 | 1 | 7 | 4 |
| 3 | 2 | 5 | 7 | 9 | 8 | 4 | 1 | 6 | 3 | 6 | 2 | 8 | 5 | 7 | 4 | 9 | 1 |
| 8 | 7 | 1 | 5 | 6 | 4 | 2 | 3 | 9 | 1 | 4 | 7 | 3 | 9 | 6 | 8 | 5 | 2 |
| 4 | 6 | 9 | 2 | 1 | 3 | 5 | 8 | 7 | 8 | 9 | 5 | 1 | 4 | 2 | 7 | 6 | 3 |
| 6 | 1 | 2 | 8 | 5 | 9 | 7 | 4 | 3 | 7 | 3 | 9 | 4 | 2 | 1 | 6 | 8 | 5 |
| 7 | 9 | 8 | 3 | 4 | 6 | 1 | 5 | 2 | 2 | 8 | 1 | 9 | 6 | 5 | 3 | 4 | 7 |
| 5 | 4 | 3 | 1 | 7 | 2 | 6 | 9 | 8 | 6 | 5 | 4 | 7 | 3 | 8 | 2 | 1 | 9 |

KILLER SU-DOKU

| 3 | 6 | 4 | 9 | 8 | 5 | 2 | 7 | 1 | |
|---|---|---|---|---|---|---|---|---|---|
| 9 | 7 | 1 | 3 | 4 | 2 | 6 | 8 | 5 | |
| 2 | 8 | 5 | 6 | 7 | 1 | 9 | 4 | 3 | l |
| 5 | 9 | 6 | 4 | 2 | 7 | 1 | 3 | 8 | |
| 7 | 1 | 8 | 5 | 3 | 6 | 4 | 2 | 9 | |
| 4 | 3 | 2 | 1 | 9 | 8 | 7 | 5 | 6 | l |
| 1 | 4 | 7 | 8 | 6 | 3 | 5 | 9 | 2 | |
| 8 | 5 | 9 | 2 | 1 | 4 | 3 | 6 | 7 | l |
| 6 | 2 | 3 | 7 | 5 | 9 | 8 | 1 | 4 | l |

MIRRORGRAM **DRAWSTRING**

30-SEC BRAIN TEASER

Beginner 9: Intermediate 237; Advanced 168.

JUST A BIT OF FUN

3 A melodic embellishment

BRICKWORK

Sir, Rise, Siren, Singer, Rinse, Sire, Ire.

WORD LADDER

Flap, Slap, Soap, Soak, Sock, Jock, Jack.

4 1 3 6 7 9 5 2 8

| П | | ٠. | _ | _ | ١. | ١ - | _ | - 1 | _ |
|---|---|----|---|---|----|-----|---|-----|---|
| | 5 | 7 | 8 | 2 | 1 | 4 | 9 | 3 | 6 |
| | 9 | 2 | 6 | 5 | 8 | 3 | 1 | 7 | 4 |
| | 3 | 6 | 2 | 8 | 5 | 7 | 4 | 9 | 1 |
| | 1 | 4 | 7 | 3 | 9 | 6 | 8 | 5 | 2 |
| | 8 | 9 | 5 | 1 | 4 | 2 | 7 | 6 | 3 |
| | 7 | 3 | 9 | 4 | 2 | 1 | 6 | 8 | 5 |
| | 2 | 0 | 4 | 0 | 6 | E | 2 | 1 | 7 |

SU-DOKU TOUGHIE

FUTOSHIKI

| _ | _ | | _ | | |
|---|---|---|---|---|-------------------|
| 8 | 5 | 2 | 7 | 1 | 2 5 3 4 1 |
| 4 | 2 | 6 | 8 | 5 | |
| 7 | 1 | 9 | 4 | 3 | 5 4 2 2 1 3 |
| 2 | 7 | 1 | 3 | 8 | |
| 3 | 6 | 4 | 2 | 9 | 3 1 4 2 5 |
| 9 | 8 | 7 | 5 | 6 | |
| 6 | 3 | 5 | 9 | 2 | 4 3 1 5 2 |
| 1 | 4 | 3 | 6 | 7 | |
| 5 | 9 | 8 | 1 | 4 | 1 (2 5 3 (4 |

WORDSEARCH



NINER

THUMBNAIL

NAME GAME

RICK ASTLEY 1R. 2E. 3I. 4T. 5L. 6Y. 7C. 8A, 9K, 10S.

mirror.co.uk/ horoscopes



Aries March 21-April 20

It doesn't matter what you are doing today, you are doing this with love and passion and some good will come out of it. If anyone needs your help or advice you will be amazingly close at hand whenever they might want you and they will be showing their gratitude too.

For more call **0905 789 4171** (80p/min + netw

Taurus April 21 - May 21 Others in the workplace will step back in amazement as you volunteer to do a job others have been doing their best to avoid. This work needs to be done and since your aim is to get results, you won't be disappointed. You have never shirked your

For more call **0905 789 4172** (80p/min + networ access charge)

responsibilities.

Gemini May 22 - June 21 After being in a leading position for some time you might drop back behind the scenes. You are starting to notice where people and efforts are scattered. You are still in control but from a different place for now. People will be sitting up and waiting for your next decisions.

For more call **0905 789 4173** (80p/min + network access charge)

Cancer June 22 - July 23 You're on a real winning streak right now. A new job, new home or new relationship will change your focus. You will finally feel optimistic for the future. But don't let your good fortune fill you with guilt. Instead, accept and celebrate how well everything is aoina for once.

For more call **0905 789 4174** (80p/min + network access charge)

Leo July 24 - August 23 The focus is on your home and family. You will be seriously tied-up in commitments that involve a sibling or close relative. Your intuition will come in extra useful when you will quickly sense when someone is trying to bluff their way out of an awkward situation. You won't be fooled.

For more call **0905 789 4175** (80p/min + networl access charge)

Virgo Aug 24 - Sept 23 You aren't likely to feel any enthusiasm for plans that take you away from your usual routine. You don't mind being busy even if your work keeps you confined to one area. What you aren't in the mood for is to faff about, running here, there and everywhere, with nothing to show for your effort.

For more call **0905 789 4176** (80p/min + network access charge)

📭 Libra Sept 24-Oct 23

It won't be that easy to sneak away from your usual scene even though you are hoping to do a friend a favour. A partner will suspect you are up to something when in fact you are trying to protect someone who needs your support right now. Keep a calm focus on that.

For more call **0905 789 4177** (80p/min + networ

Scorpio Oct 24 - Nov 22 Someone close is unusually quiet and you suspect they are

feeling down. You might regret asking them what's wrong. They may be annoyed with you for some reason and they've been waiting for this opportunity to complain and criticise. It might be better to leave them to sulk.

For more call **0905 789 4178** (80p/min + networ access charge)

Sagittarius Nov23-Dec21

When you have your day all decided beforehand and there are more than a dozen things you are hoping to get through, you will do well to keep your head down and plough on. Others in your immediate world won't be quite as keen to get going on some jobs as you are.

For more call **0905 789 4179** (80p/min + network

Capricorn Dec 22 - Jan 20 Stay positive. It will be a cheerful attitude, bright spirit and friendliness that will attract good fortune your way. If you find yourself thinking negative thoughts, replace each one with something more helpful and hopeful. Keep telling yourself you can achieve your current goals.

For more call **0905 789 4180** (80p/min + networ access charge)

Aquarius Jan 21 - Feb 19

Participation in a charitable project will bring satisfaction. You are helping to make a difference. Your fierce determination to succeed in a team effort will inspire others to listen and follow. Your leadership qualities shine. Results achieved make this well worth everyone's while.

For more call **0905 789 4181** (80p/min + network access charge)

Pisces Feb 20 - Mar 20 An older relative will be urged to make a decision regarding an issue that is dividing the household. They can't keep sitting on the fence. Controversy in the family will have something to do with future plans when people are either in or out but there is no in-between.

For more call **0905 789 4182** (80p/min + networ

Calls cost 80p per minute plus your telephone company's network access charge - maximum of 5 minutes duration. You must be over 18 and have the bill payer's permission.

Service provider Spoke. Helpline 0333 202 3390

Mirror OFFERS



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HOME-MADE SOUP IN MINUTES!

- Perfect for families & Meal Prep The large 1.6L capacity Soup Chef cooks up to 5 bowls of soup in minutes!
- 12 Hour Delay Timer: your soup is ready when you are. Simply set your timer and Soup Chef Pro will start making your nutritious soup at a time that suits you.

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CARTOONS

ANDY CAPP HAVE YOU MET SIMON, ANDY? HE'S A **VERY** SUCCESSFUL ENTREPRENEUR















Muffins! BBC Good Food daily recipe to collect

These craggy individual cupcakes are filled with oats, citrus and a melting middle – they're low-fat too

175g plain flour 25g porridge oat, plus extra for sprinkling 175g light soft brown sugar

1 tsp baking powder 1/2 tsp bicarbonate of

zest and juice 1 orange 1 tbsp sunflower oil 150g pot plain yogurt 1 large egg 9 tsp chunky

marmalade

Heat oven to 200C/180C fan/ gas 6 and line a muffin tin with 9 paper cases, Combine the flour, oats, sugar, baking powder and bicarb in a bowl. Whisk the orange zest and juice, oil, yogurt and egg together with a fork, then lightly stir the 2 mixtures together until just combined.

Spoon 1 tbsp of the mixture into each muffin case, top with 1 tsp of marmalade, then cover with the remaining muffin mix and a sprinkling of oats. Bake for 15-20 mins until cooked through and golden, then leave to cool slightly.

TOMORROW'S RECIPE: BREAKFAST MUFFINS

